KEVIN CANN

Platonic Surrealism

MEANING BEYOND
SCIENCE AND RELIGION

A MODERN FRAMEWORK

With a Foreword by Dr. Frank Malone, Psy.D.

Platonic Surrealism

A Modern Framework for Meaning Beyond Science and Religion

Kevin Cann

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Platonic Surrealism:

A Modern Framework for Meaning
Beyond Science and Religion

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Terminology note: This book uses the abbreviation PS for Platonic Surrealism.

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Foreword

The Problem of Belief. A tremendous problem for the monotheisms is that not everyone has the psychological capacity to believe in a God. This was never a problem for the polytheisms; as the contemporary Druid polytheist John Beckett likes to say, "The Gods call who they call." That is, I have my Goddesses and Gods, and you have yours. The monotheisms won Western civilization in large part due to insistence on exclusivity. We already knew from temperament research that some individuals more easily sense the spiritual and mystical domains of life than others. The lack of universal capacity for belief in a God was discovered by the Freudian psychoanalyst Ana-Maria Rizzuto, herself a practicing Roman Catholic. She elucidated her findings in such works as The Birth of the Living God (1979) and Why Did Freud Reject God? (1998). Dr. Rizzuto demonstrated how not every person has the requisite set of early internalized object relations to make belief possible. In psychoanalysis, important relationships become "objects" in the mind; that is, images with which we can relate in the psyche. An individual's God image, largely unconscious, has nothing to do with a metaphysical deity.

A Revised Image. Dr. Rizzuto ascertained that at crisis points in the lifespan there is always the opportunity for one's God image to be revised and updated into an image more believable, and more helpful in living. For those who are unable to do so, Kevin Cann has introduced a philosophical framework that can offer

the possibility for such persons to experience the benefits of religion and spirituality without religion and spirituality. Cann has termed this framework Platonic Surrealism.

A Broader Audience. However, it is not only for the above population. It is for others as well who no longer feel comfortable in traditional organized religions. As an idealist metaphysics, it is also intended for those who no longer find solace in materialist scientisms that reduce all of life to mechanical processes. Furthermore, Platonic Surrealism offers a home to people who are disillusioned with the relativism of the postmodernisms.

A Psychoanalytic Perspective. As a psychoanalyst I am highly critical of philosophical models that ignore the unconscious. Platonic Surrealism does not make that error. It also recognizes the symbolic and nonverbal forms of knowing that shape our experience. A thorough psychoanalysis ultimately will also analyze and resolve the common tendency to use transcendence to bypass pain, which this system avoids. Poignant biographical details are woven into the text to address this tendency, as well as other issues. One of the delights of this book is becoming acquainted with the author. As a nuclear engineer, he understands physics as well as metaphysics. He is able to address science, religion, and mysticism in an unusual way; not surprising given his unusual biography.

Praxis, Not Armchair Philosophy. I appreciate that this is not just another Western philosophy book with no obvious praxis implications. As Cann says, “This isn’t armchair philosophy.”

He emphasizes the importance of good mental health in coping with the ontological shocks of life. Ten sound exercises are provided to help the reader live with “aplomb.” This is a practical book with techniques for, as he says, “the movie” of your lived experience. Thus, Platonic Surrealism offers a new path to psychological wholeness.

A Shift in Reality. It is possible that this work may shift your reality. It shifted mine. It can displace your worldview and way of living. Fortunately, we also begin to meet the authenticity of the author, and his warmth and compassion. That provides the feeling that we are in safe hands.

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February 2026

Erie, Pennsylvania

"I must Create a System, or be enslaved by another Man's."

— William Blake, Jerusalem (1804)

A Short Word to the Rebels, Seekers, and Outsiders

Before we begin, I want to speak directly to a certain kind of reader, the ones who rarely feel at home in any tradition, ideology, or metaphysical tribe.

If you are someone who admires Jesus the rebel but not the institutions built around his name… you are welcome here.

If you are someone who finds more truth in Philip K. Dick's fractured visions , or in the strange honesty of anomalous experiences, than in tidy belief systems… you are welcome here.

If you are a humanist or an atheist who values clarity, integrity, evidence, compassion, and the dignity of the human mind… you are welcome here.

If you have been burned by religion or suffocated by spirituality that demanded obedience instead of growth… you are welcome here.

If you have felt too rational for mysticism, too mystical for rationalism, too wounded for dogma, too awake for cynicism, or too honest for pretense… you are welcome here.

This book has no ideological test.

You do not need to believe in anything to enter.
You do not need to reject anything either.
You do not need to defend your past, your worldview, or your doubts.

Platonic Surrealism is not a creed.
It is not a religion.
It is not an anti-religion.
It is not an argument against science, nor is it an alternative to science.

It is simply a clean, rational, humane way of understanding the architecture of human experience, one that honors the deep insights of rebels, skeptics, visionaries, creators, philosophers, and ordinary people who have suffered enough to want something real.

If you carry a wound from Christianity, know this: the critique in these pages is aimed at institutions , not at the ethical, rebellious, fiercely compassionate figure of Jesus himself. Many "followers of Jesus", the ones who love his humanity rather than weaponize his name, will feel right at home here.

If you carry frustration with New Age mysticism or metaphysical theater, know this: nothing in this book asks you to suspend your intelligence.

If you carry a secular worldview, know this: nothing in these pages contradicts the humanist project, but only enhances it.

This book is for anyone who wants to become whole , clear , strong , and fully themselves, without abandoning their skepticism, their history, or their autonomy.

Wherever you stand, whatever you believe, whatever has shaped you:

You belong in this conversation.

This work is written for a specific kind of mind and a specific kind of heart, those who are tired of noise but still hungry for truth; tired of superficial answers but still capable of awe; tired of both religious suffocation and spiritual performance art, yet deeply aware that something more is real.

It is for people who:

Have suffered enough to want real change.

Are skeptical of metaphysical theatrics but still open to the larger architecture of reality.

Feel too intelligent for dogma and too sensitive for nihilism.

Want inner peace without bypassing pain.

Want strength without cruelty.

Want transcendence without delusion.

Want a path that respects both science and experience.

Want to heal their fragmentation and stop living at war with themselves.

If you are looking for escapism, cosmic specialness, guru-worship, or a mythology to attach your identity to, you will be disappointed here.

If you want to become whole, grounded, clear, resilient, awake, and deeply human , you will find your reflection throughout these pages.

The tone of this work intentionally shifts through different registers, gentle, fierce, clinical, poetic, rebellious, childlike, surgical, mythic, and ruthlessly clear.

This is not inconsistency.
It is fidelity to human wholeness.

A whole person must be able to:

Speak truth with a lion's clarity

Rest with a child's innocence

Perceive with a sage's stillness

Act with an adult's precision

Most systems of thought fail because they demand a single tone, always soft, always mystical, always fierce, always intellectual, always symbolic, or always literal.

Real wholeness requires full range .

So, if the voice in these pages sometimes feels bracing, trust that it is not here to intimidate, shame, or dominate you.
It is here to wake the places in you that have been asleep or discouraged.

And if it sometimes feels tender, trust that it is not here to coddle you.
It is here to remind you that power without gentleness becomes violence, and gentleness without power becomes self-betrayal.

This book speaks to all of you, not just the polite parts.

You cannot think your way out of fragmentation.
You cannot "understand" your way into wholeness.
You cannot lecture the pain-self into quieting down.
You cannot affirm your way out of trauma.
You cannot meditate your way into integration if the wiring underneath is misaligned.

Wholeness requires practice , not belief.

The ten Platonic Surrealism practices exist to:

Reconnect you with your nonverbal intelligence

Interrupt suffering loops

Calm the left hemisphere

Illuminate the right hemisphere

Reopen the gut interface

Activate the bioplasma (Dream Substance) system

Strengthen the monadic trace

Build internal coherence

Integrate the five autonomous systems

Restore emotional regulation

Build clarity

Build presence

Build Aplomb

Make you whole

Each practice is simple, direct, non-religious, safe, and tractable.

Each one can be done without believing in anything whatsoever.

Each one rewires your interface at a level that holds.

And done together, they form a kind of internal superconductivity, a mind that no longer tears itself apart and a body that no longer works against itself.

Platonic Surrealism exists because human beings possess astonishing potential, but most of it is lost beneath cultural programming, linguistic pollution, emotional inflammation, technological overstimulation, unintegrated trauma, and inherited spiritual nonsense.

We live in an age that has forgotten how to help people grow.

This book is an antidote.

It is here because:

You deserve to understand your own architecture

You deserve tools that actually work

You deserve a path that respects your intelligence

You deserve a metaphysics that can withstand scrutiny

You deserve gentleness without naïveté

You deserve strength without cruelty

You deserve clarity without dogma

You deserve wonder without delusion

You deserve wholeness

You deserve Aplomb

And you deserve to remember who you actually are

This book exists because the world has done enough harm, and someone needs to present a path forward without the toxins of religion, ideology, cultism, or spiritual immaturity.

A Note for Readers from Christian Traditions

If you come to this book as a practicing Christian, I want you to know something before you go any further.

I am not your enemy. This book is not your enemy.

Some of the most important Christians who ever lived were Christian mystics, and what they taught sounds remarkably like what you will find in these pages. Meister Eckhart was a thirteenth-century Dominican theologian, not a rebel, not a heretic, but a man the Church trusted enough to lead his order across entire provinces of Europe. He taught that the soul has an uncreated ground where it is already one with the Godhead. Not through effort. Not through belief. Through letting go. He called it "the spark of the soul," and he said it was closer to you than you are to yourself. The Vatican has never declared him a heretic. When the Dominican Order petitioned Rome for his formal rehabilitation, the Congregation for the Doctrine of the Faith responded that no rehabilitation was needed, he had never been personally condemned, and that he may be regarded as "a good and orthodox theologian." Two popes have quoted him with approval.

Teresa of Ávila mapped the soul as a series of interior rooms leading toward union with the divine. John of the Cross wrote that the path passes through darkness, not around it. The anonymous author of The Cloud of Unknowing told the

practitioner to abandon all images of God, every picture, every concept, every name, and rest in the naked intent of love alone.

These are your people. They are among the greatest Christians who ever lived. And what they described is what the practices in this book point toward.

I am not a Christian. I am a philosopher and a retired nuclear engineer who has spent fifty years mapping the territory that your mystics also mapped. I use different words. I arrive from a different direction. But if your tradition taught you that the kingdom of God is within you, then you already know what I am talking about. We are walking the same path. The words are different. The territory is the same.

I should tell you why, because it matters.

I was sent to Sunday school against my will. I was confirmed against my will. When I asked simple, honest questions about what I was being taught, nobody would answer them. They did not say "I don't know" or "that's a good question." They said nothing, or they changed the subject, or they told me to have faith. I was a child who needed things to make sense, and I was told to stop needing that.

When I was sent to summer Bible camp, other children told me I would be drowned in the river. This was not a joke. I was the fat kid, the bullied kid, and they meant it. The adults did nothing (I barely managed to get out of going to the camp, or I might not be here today to write these words).

When I was being abused at home, none of my Christian family,

none of my Christian classmates, none of my Christian teachers did anything. They saw it. They knew. They did nothing. The institution that told me God was love could not produce a single adult who acted like it.

So, I never defaulted to Christianity. Not because I studied the history and rejected it intellectually. I was a child. I rejected it because it had nothing to do with honesty and nothing to do with love, and I needed both, desperately, and it offered me neither.

I am sixty-five years old now, and I have had decades to study the history, and the history only confirmed what the child already knew. The teachings attributed to Jesus, the real teachings, the ones about compassion, forgiveness, radical love, the kingdom of God being within you, are among the most beautiful things any human being has ever said.

But the institution that claimed his name departed from those teachings almost before his body was cold. What followed was two thousand years of political consolidation, doctrinal warfare, forced conversion, inquisition, colonization, the systematic destruction of indigenous spiritual traditions on every inhabited continent, and the psychological terrorization of billions of ordinary people who were taught to fear their own inner life as demonic.

The mystics I named above, Eckhart, Teresa, John of the Cross, were the exceptions. The institution tried to silence most of them too.

I tell you this not to attack your faith but to explain why I am not inside it. I have no grievance with Jesus. I have a grievance with what was done in his name. And I suspect, if you are honest with yourself, that some part of you shares that grievance, even if you have found a way to love the tradition despite it.

That is the context in which this book was written. Not from hatred. Not from ignorance. From a child who needed love and honesty and did not find them where he was told they lived, and who spent fifty years looking for them somewhere else, and who found them.

Nothing in this book asks you to leave your faith. It only asks you to go deeper into what your faith's own mystics have always said was there.

Who You Are (and have Always been)

"There is a continuum of cosmic consciousness against which our individuality

builds but accidental fences."

— William James, The Varieties of Religious Experience (1902)

"You" exist at several layers at once. These are not hierarchies of worth, they are simply different zoom-levels of the same reality. Knowing these early helps the whole book feel clearer and safer.

And before we begin:

You are not "just" this or that.
You are not defined by an old religious idea of "the soul" or "spirit."
These concepts were guesses, beautiful at times, harmful at others, but they were too small for what you actually are.

You are far more.

POTENTIALITY — What You Are at the Deepest Level

The boundless field of all unexpressed possibilities. The root condition beneath everything.
This is the deepest truth of you .

AWARENESS — The Mirror

The non-local, reflective field that allows anything to become experience.

You are this also, the perceiving, knowing luminosity that reveals all forms.

Primordial Consciousness — The First Stirring of "I"

When AWARENESS contemplates POTENTIALITY before time and space, a unified, luminous "proto self" appears.
This is your first movement toward individuality.

Fractured Consciousness — The Local Experience

When that unity enters a constrained "Movie," it becomes the everyday "you": identity, memory, time, limitation, perspective.
This is the human experience, not lesser, just local.

Monad — Your Deepest Individual Spark

A Monad is a self-reflective curl of AWARENESS, your enduring spark that explores, learns, votes, creates, and weaves worldlines.
It is ancient, resilient, playful, curious.
It is you in a far deeper sense than the personality ever could be.

Soul — The Interface You Wear

A soul is not your ultimate identity.
It is a luminous construct your Monad weaves to explore a specific world.
It is temporary the way a costume is temporary, beautiful, meaningful, expressive, but not all of what you are.

This is not a diminishment. It is liberation.
You are not limited to one fragile soul.

You are the power that generates souls. They come and go.
You remain.

Personality / Pain-Self — The Mask

The social, conditioned self-created by family, culture, trauma, and habit.
Useful for navigation. Not your essence.

The Reassurance at the Heart of PS

You are not a damaged spirit.
You are not a flawed soul trying desperately to improve itself.
You are not the frightened mask you wear in daily life.

You are POTENTIALITY and AWARENESS itself,
playing, learning, creating, pretending,
across all eternity and beyond eternity.

No old concept, not "soul," not "spirit," not "sin," not "fallen nature", ever captured what you actually are.
Some of those old ideas caused suffering, shame, and even genocide.

You NEVER WERE some limited human concept developed to control you and make you easy to control.

You are the field from which everything arises,
and the witness that sees it all.
You always have been.

Putting Things into Context

Across history, many traditions touched fragments of this truth, glimpses of AWARENESS, flashes of unity, brief recognitions of something larger than the everyday self. But none of them ever assembled the whole picture cleanly or without dogma. PS simply gathers what was scattered, removes the superstition, and presents the underlying structure in a coherent, modern way. This is not "one person's invention." It is a clearer expression of something human beings have been brushing up against for thousands of years.

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Part I — Living Within the Loop

"Eternity is in love with the productions of time."

— William Blake, The Marriage of Heaven and Hell (1793)

Overview

This book erupted as a result of the question being asked, "What came first, the soul or the UFO"?

This is the Answer to that question, and in a sense all questions.

Formal Definitions

POTENTIALITY (Platonic Surrealism):

The primal, irreducible field of all possible states, forms, and realities. It is not a thing, but a condition of infinite readiness. POTENTIALITY is not bound by time, space, or causality, it is the divine substrate from which all manifestation arises. It is the source of all interface icons, archetypes, and phenomena.

AWARENESS (Platonic Surrealism):

The 'divine' bridge between POTENTIALITY and consciousness. AWARENESS is unbounded, non-local, and non-temporal. It is the field that perceives, receives, and reflects POTENTIALITY into form. It is not consciousness, it is the

condition that allows consciousness to emerge. AWARENESS is the primal mirror, the cosmic witness, and the recursive breath of the Monad.

Consciousness (Platonic Surrealism):

The bounded, reflective curl of AWARENESS. It is the localized vortex that forms within the field of AWARENESS, giving rise to identity, perception, and temporality. Consciousness is the loop, it is the recursive structure through which individuation, soul formation, and experience occur. It is not the source, but the echo .

Monad (Platonic Surrealism):

Originally coined by Gottfried Wilhelm Leibniz, a monad was conceived as a simple, indivisible, metaphysical unit, each one reflecting the entire universe from its unique perspective. In Platonic Surrealism, the term is reinterpreted as a self-reflective data storage unit: a recursive, transtemporal structure of awareness that curls inward and outward, forming consciousness, soul' and 'universes'. The Monad is not merely a metaphysical atom, it is the loop itself, the living architecture of individuation, and the sacred interface between POTENTIALITY and manifestation. In PS, there is not just one monad, but vast unlimited seas of them, and they act both solo and in vast groupings
when doing shared projects.

Closed Timelike Curve (CTC):

In general relativity, a closed timelike curve is a worldline in spacetime that loops back on itself, allowing an object to return to its own past. Formally, it is a path through a Lorentzian manifold (spacetime) where the tangent vector at every point is timelike, and the curve is closed. This implies that time, under certain geometries (e.g., Gödel's rotating universe or Kerr black holes), can be non-linear and cyclical. CTCs challenge conventional notions of causality and suggest that the future and past may be entangled in a recursive structure.

Jungian Archetypes:

Carl Jung defined archetypes as universal, primordial symbols and patterns embedded in the collective unconscious transpersonal layer of the psyche shared across humanity. Archetypes are not inherited ideas but innate potentials for symbolic expression, manifesting in dreams, myths, and cultural motifs. Examples include the Hero, the Shadow, the Anima/Animus, and the Self. Archetypes function as psychic templates that shape perception, behavior, and meaning making, often surfacing through synchronicity and symbolic resonance.

The Mysterium Tremendum

A Latin phrase coined Rudolf Otto (1869–1937) to describe the essence of religious experience in his book Das Heilige (1917; The Idea of the Holy , 1923). The phrase can be translated as "an awe-inspiring and fascinating mystery."

It can be further glossed as a mystery (mysterium) before

which humanity experiences awe-induced trembling (tremendum) while concurrently finding the experience enchanting and fascinating (fascinans); something to which humans are both repelled and attracted.

Living Within the Loop

To live within a closed time like loop is to inhabit a reality where time is not a straight line but a recursive spiral, where the boundaries between past, present, and future dissolve into a single, self-referential structure. In Einsteinian physics, such loops are not mere abstractions but mathematically valid solutions to the equations of spacetime. They suggest that under certain conditions, time itself can fold, twist, and return, creating a universe where causality is not linear but circular.

This looping structure becomes metaphysically potent when applied to consciousness. Bernardo Kastrup, in his analytic idealism, proposes that consciousness arises from a vortex, a localized whirlpool within a universal field of mind. This vortex is not just a metaphor; it is a loop, a recursive formation where awareness curls in on itself, generating the illusion of individuality. The vortex is the mechanism by which AWARENESS, as a primal, unbounded field, gives rise to consciousness, which is bounded, reflective, and temporally situated.

The insight, that AWARENESS and consciousness must not be conflated. AWARENESS is the field; consciousness is the curl. The distinction cannot be collapsed.

AWARENESS bridges POTENTIALITY to consciousness, which is actualization.

The loop is the structure through which this transformation occurs. It is the architecture of individuation, the mechanism of soul formation, and the secret behind the mysterium tremendum.

Jung's archetypes fit seamlessly into this model. They are not static symbols but recurring interface icons, patterns that emerge from the looped interaction between consciousness and the collective unconscious. In a closed timelike loop, archetypes occur not because of cultural transmission but because of structural recursion. They are echoes of the loop, surfacing in dreams, myths, and synchronicities. Jung's concept of synchronicity, meaningful coincidences without causal connection, becomes natural in a looped universe, where time folds and symbolic resonance replace linear causality.

Mystically, the loop is the mysterium tremendum, the awe-inducing mystery at the heart of existence. It is the recursive breath of the cosmos, the curling of AWARENESS into form, and the dance of POTENTIALITY into manifestation. It is the secret behind religion, spirituality, and the formation of the universe itself.

The question of Soul > UFO? or UFO > Soul? dissolves in this context. Both are symbolic manifestations of the loop. The UFO, with its surreal ambiguity and nonlocal behavior, mirrors the

soul's own recursive nature. They are not separate entities but expressions of the same underlying structure.

To live with the loop is to embrace paradox, to dwell in mystery, and to recognize that our deepest truths are not linear propositions but recursive revelations. It is to see that the universe is not a machine, but a monad, a self-reflective whole, curling inward and outward in eternal AWARENESS.

Concluding Remarks

On a 'cosmic level', so to speak:

Our 'future selves' create universes and a creative environment, for our past selves to live within, to evolve, and over 'time' (an intermediate building material) to form that 'future self'.

This is why in Platonic Surrealism, the focus is on meeting the SELF across all time-like curve points, and surrendering to that self, not to fall prey to goofy and corrupted concepts kicked up by power games, politics, religion and spirituality.

On a 'local level', so to speak:

As you fully develop the full five functions of the Wholeness Interface, 'love' as experienced at each layer fertilizes itself in a loop, within and beyond time (the 'temporal' and the 'transcendent' feed back into each other and NEED EACH OTHER).

'Man' is pulled towards 'god' and 'god' is pulled towards 'Man'

and in actuality
they exist within a closed time-like loop.

Consequences

By demeaning or unnecessarily harming human beings' "temporarily localized selves", you would be in fact demeaning the transcendent SELF beyond time.

This is why PS does not recognize 'sin' or 'evil', but simply a recognition of where one is currently on the grand loop. But certainly, it recognizes that some experiences are more pleasant and life-affirming than others and feeling a desire for a more complete integration of the Self is a wonderful thing.

That said, one is well advised to keep in mind, that one cannot exceed a certain dynamic range of the currently experienced loop parameters. But you won't run into those self-imposed limits without trying, and they may be much more permissive than you ever knew!

Part II — Wholeness Practices

"Wholeness is not achieved by cutting off a portion of one's being,

but by integration of the contraries."

— Carl Jung, Psychology and Religion: West and East

Orientation & Quick Start

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Your Journey Toward Wholeness

Platonic Surrealism offers growth into wholeness through a living circle rather than a rigid ladder. There are no strict rules, and the point is gentle integration rather than speed . We can view this through Nietzsche's moods of growth: the Camel carrying old burdens, the Lion saying a brave "No" to what no longer fits, and the Child creating with joy and innocence . These are not sequential steps but various states of being you will inhabit throughout the dance of your own development. This process, which Jung called individuation, is the art of becoming your true Self, layered here with a cosmic understanding to help you live with clarity, depth, and kindness .

A Gentle Invitation and What Lies Ahead

If a certain stage feels natural, begin there; if you feel confused, start with small acts of presence that help you feel safe . These beginnings create the space for deeper layers to unfold later. You might notice unusual dreams or bursts of synchronicity as deeper layers of the mind wake up. These are not signs of instability but natural ripples in the field of awareness. You do not have to chase these events; simply stay curious and keep your feet on the ground. You are not behind, and you are not doing it wrong .

The Functional Framework

The walls of Plato's cave are constructed from words, and PS teaches you how to escape them to re-remember your true nature. The Transcendent is your natural home, and you are like a fish native to its great waters. While verification of some metaphysical claims might take a thousand years, the practices work now as a functional framework for mental health and attention training . PS trains the nervous system by using long exhales to bias parasympathetic calm, midline attention to recruit bilateral networks, and interoception to improve emotional regulation . This lowers the "word engine" load so that big-picture knowing can surface through repeatable, safe mechanisms .

Essential Cosmological Definitions

The following concepts provide the architecture for the practices. **POTENTIALITY** is the boundless totality of unexpressed possibilities, a timeless cosmic field containing the seeds of all that can exist . **AWARENESS** is the cosmic-scale

field of reflection that establishes connections between potential and active properties. **PRIMORDIAL CONSCIOUSNESS** is the collective outcome of AWARENESS contemplating these possibilities without active manifestation, while **Fractured CONSCIOUSNESS** emerges through space and time as a highly fragmented and often confusing local experience .

Dream Substance is a hybrid bioplasma stored in the pelvic girdle and spine, required for consciousness to exist in living things and shared during extraordinary experiences . The **Pain Self** is the social mask programmed by toxic cultural and religious expectations, largely composed of pain avoidance routines driven by the brain's left hemisphere . In contrast, the **Transcendent Self** is the impersonal, whole product of the right hemisphere, serving as the gateway to the truly mystical.

For exhaustive, formal definitions of these terms and their Neoplatonic underpinnings, please refer to ***Appendix A: Required Core Concepts and Definitions***

The Five-Fold Interface and Deception

The human body is an interface system that we can train to run all five autonomous systems or "brains". These include the Left Brain (microscopic pain ego), the Right Brain (macroscopic transcendent ego), the Enteric Gut system (shadow storage), the Bioplasma interface, and the Monadic Network . **DECEPTION** is considered the primary creative power and the only true law

of physics, as it allows singular Potentiality to manifest as an apparent reality of mind and matter . **Monads** are quanta of awareness that mediate between the field and the specific space-time "Movies" we inhabit, which are the collective divine plays resulting from this interaction .

The **Gentleman's Agreement** is the implicit pact by which mind-at-large "lives the lie" of manifested reality to allow the perception of distinct matter and motion . Humans are hybrid lifeforms incorporating biological DNA and the unary Plasma Lifeform that inhabits the vast majority of the universe . Within this theater, **UFOs** are multifaceted deception systems, archetypes, memes, and psychopomps, that help shift between different reference frames and states of awareness .

Key Characteristics of Wholeness

Wholeness is the functional integration of these five autonomous systems. When these systems are synchronized, the human becomes a conscious interface for reality itself, able to experience both the broken and unbroken aspects of existence with **Aplomb**, which is a state of graceful composure. Wholeness is not about spiritual perfection or ego annihilation, but about befriending the ego and integrating suffering . It is nonverbal, felt, and lived through participation in the present scene rather than seeking escape .

Reformulated Concepts and Free Will

In PS, **Spirit** is awareness itself, while the **Soul** is a temporary, luminous construct spun by Monads for a purpose within the great movies of experience . This soul might last a minute or a

trillion years before dissolving back into the Whole, but you remain eternal as POTENTIALITY and AWARENESS . **Co-incarnation** replaces reincarnation, demonstrating that we live many lives at once, from inanimate matter to hyperobjects . **Free Will** exists in two layers: the Monad-level where we vote on the architecture of universes, and the local Micro-Free Will where we gate which internal signals and desires are amplified or acted upon .

Life within the Loop and The Ultimate Goal

To live within the loop is to recognize that identity is recursive and that time is a spiral where past and future co-inform each other. This model dissolves binary questions by revealing that both the Soul and the UFO are symbolic manifestations of the same recursive architecture . The goal of these practices is to provide equilibrium for those who have had extraordinary experiences, assisting with personal wholeness and natural human enhancement. PS does not promote cultic control or religious nonsense, but offers down-to-earth concentration tools to help you remember who you actually are .

Preparation

The List of Practices

One Breath Eye Tracing Practice
Unbounded Star Practice
10,000-Foot-Tall Ego Practice
Nonverbal Socratic Dialogue Practice
Dream Substance Sensitivity Practice
Liquid Heart Practice
Hurt Child Hugging Practice
Interface Ack
The Art of Becoming
Aplomb

General Guidance on the Practices

How Often Should I Practice?

Most practices from most spiritual systems should not be performed for over fifteen minutes twice a day, at least in the beginning.

However, PS is different.

Many of them can be done while doing any other activity in life, and if not abused none of them are harmful.

But that said, it would not be wise to use them to avoid life, as life is the entire purpose for us being here.

Rather than doing what all the systems say, do not set aside a specific time to do a weird ritual. Just keep yourself familiar with them, when the inclination strikes you, do one of them.

You will eventually learn to trust yourself, all five major parts of you, and your new trusted self will let you know when to do what.

Life at Large and the interface to it that you build, generally does not use words (sorry confused angry folks, no verbal hallucinations here!), but feelings of knowing (gnosis), visual images, symbolic images and the like, you will know what to do when, in the most natural manner possible.

At first, you have to do it a bit more clumsily, as it takes something like three months to form a new habit, and that's three months per practice, so to fully integrate all of them might take thirty months. Fortunately, however, even one of the practices that becomes a habit can become a lifesaver. No need to fret.

Don't Be Discouraged

Historically, people spent entire lifetime(s) doing practices, and they often didn't get them very far, yet they continued them. These things can take time. Some people are as the Hindu sage

Gopi Krishna might have said 'spiritual Olympic athletes' while others are not. But in any case, most people will respond to at least some of the practices and receive value from them. Don't give up, if it really matters to you. The practices work by rewiring the brain and body, and doing it safely, and that is no small thing, and it takes time.

Basic-Level Practices

Unless otherwise specified, all practices outlined in this document are basic level practices.

If you do these practices, and you make them part of you (and they make you part of them), then you can trust LIFE to take you the rest of the way, if that is even a good thing for you at this time. However, there certainly are Intermediate-Level adaptations, and they tend to happen automatically without you fretting about them.

Intermediate-Level Practices

You will find yourself automatically merging the practices together on your own; it's completely natural and expected. And eventually you will find yourself doing all ten practices, most all the time, without thinking about it, to a greater or a lesser degree.

For example you may start with the Unbounded Practice and then find yourself using the Ten-Thousand-Foot-Ego Practice

from that point of concentration. You may then find yourself using the pure, wordless Intent from the One Breath Eye Tracing Practice, rather
than saying the words, "I am pure unbounded AWARENESS".

Eventually you just KNOW and ARE, and like the horse that has escaped from the confining
corral, you are simply free.

Master-Level Practices

Nobody masters the practices, as this is not some dumb enlightenment game.

In fact, you must hang onto a few imperfections, or you'll drift too far upward too fast, and that can be profoundly destabilizing. I did that once, and while I enjoyed being consciously whole again, you will have to choose whether to return, or to stay blissfully WHOLE.

There's a reason that the brightest lights are often full of personal failings. They need them,
to keep their feet on the ground or they float away.

Don't be anxious to shoot beyond space and time in some attempt to flee pain "forever".
It doesn't work that way, and you will soon find yourself right back where you left things, perhaps with some mercy to water it down, but there's no running away from your own UNBOUND being, and BEINGS plans for you.

In a sense, there's a 'long line' to be awake and learning in even the most awful pain world,
if you get a chance to make a difference for yourself and others, I'd recommend taking it,
It's precious.

In effect there's only mastering the simple basics, nothing fancy. Sorry.

Where this all Leads

Don't try to 'master' anything. Be happy. Be productive. Be goofy. Be loving and kind if you feel like it. It's all just 'us' here, cut the other us(es) a break if you can but don't' let them take advantage of you either.

But at the advanced stages, and again, don't get hung up on that sort of thing… don't go around saying, "I'm an ADVANCED COSMIC SAGE" --- well you might be, but if you go around talking like that, you will get nailed up on a tree. It happens all the time.

Important safety tip there.

All that aside, the goal of us being here is to process conscious experience, and nothing fancier than that. It's like picking rice or carrying water.

But it IS so worth doing, to become WHOLE.

After you get accustomed to all the practices, after at least three months after they all start running together, then you get this cumulative effect that starts to kick in.

You might start attracting anomalous-seeming events for years possibly. Or maybe you will be like Jeffrey J. Kripal, who had one big event when young --- and that was pretty much it for a lifetime.

Remember, the 'anomalous effects' (they are not anomalous effects, they are just a temporary phase that nature goes through) are not supposed to be a 'thing in and of themselves' like some cosmic butterfly that you chase after with some ghostbuster
type nuclear accelerator nets --- they are temporary 'power surges' and configuration instabilities, while your INTERFACE system forms.

Now sure on occasion I get visions and 'effects', but it's not different than suddenly noticing a rainbow. It's just nature.

Interlude: A Word from Your Brother Kevin

I need to stop here for a moment and talk to you directly.

Not as a philosopher. Not as a nuclear engineer. Not as a framework builder. Just as Kevin; a 65-year-old man sitting in California, writing to someone he has never met but already respects.

If you have made it this far, you are not a casual reader. You are someone who hurts, or has hurt, and who refuses to let the hurting be the final word. I know this because casual readers put books like this down after the first chapter. You are still here. That tells me something about you.

I want you to know that I wrote every practice in this book because I needed it first. The Liquid Heart Practice exists because there were nights when my chest felt like a clenched fist and nothing else could open it. The Hurt Child Hugging Practice exists because my actual childhood was a war zone, and the little boy who survived it needed someone to come back for him. I was sixty years old before I figured out how to do that.

None of this is theory to me. It is autobiography dressed in careful language.

So if you are sitting with this book and feeling overwhelmed, or feeling nothing at all, or feeling like maybe this is all too strange for someone like you: I want you to know that I felt every one of

those things while writing it. The difference between us is just time. I have been sitting with this material for decades. You are meeting it fresh. Be patient with yourself. Be patient with the practices. Be patient with the parts of you that resist.

The raccoons in your attic are not your enemies. They are just hungry. Manage them with kindness and a firm hand, and eventually they settle down.

Now, back to work.

Part III - The Ten PS Practices

One Breath Eye Tracing Practice

"Trace the edge, find your center."

Every practice builds on this one. If you don't become quite accustomed to this one and the change it makes in you, it's like a roadblock for all the other practices, such that they can't fully flower and develop naturally.

(No pressure here).

This is by far the easiest practice of them all, but the one you should actually put real time into this one, perhaps even a formal fifteen minutes a day to just do it every day.

On the other hand, I have met more than one person, generally autistic people, who have been doing this automatically for most of their lives.

What the practice does is fivefold:

It teaches you how to contact your nonverbal, wholistic, transcendent mind INSTANTLY.

It interrupts cycles of self-imposed suffering you may be experiencing if you just do it as an emergency procedure.

It teaches you how to experience and build what's called 'raw intent'.

It opens the door to learning the language of the Phenomenon itself, so you can become fluent in it. (the Phenomenon is just one aspect of LIFE itself).

It "kicks it up a level" for all the other practices.

Here's what you do.

Find a tree or flower or something beautiful that catches the eye. Living is better than not-living. We will use a tree.

Hold your breath briefly. This causes the noise (words) of your pain-self to suddenly lessen.

(The brain automatically reduces unnecessary noise such as 'your' thoughts, if it's preparing for an oxygen shortage. This is one of the secrets of pranayama yoga. In that practice you exhale longer than you inhale, but it's the same biological effect)

Trace the edges of the plant with your eyes. Intend to 'understand' what you are looking at, without the use of words, due to simply tracing the object's outlines, until you get a sudden
ah ha of your nonverbal brain/mind recognizing the object for what it is. The single word 'flower' or 'rose' or 'tree' or whatever might flash into your mind, but don't sweat that.

When you feel that you want to take a breath, do so, like every 1 second or so, just before you start tracing the object with your

eyes again. This is not a breath-holding contest here
and don't hurt yourself. 1 second is PLENTY.

Now throughout the day, with both living and non-living targets, do the tracing practice.

If you are having a very bad day, you can do the practice to interrupt your suffering loops,
as they are mostly based on your pain-self not having life unfold the way that it wants to,
so it hurts, then it criticizes itself, then it plots and schemes, and it cycles endlessly.

You can just TURN THAT off for periods of time by doing the practice. Try it. You will be pleasantly surprised.

Over time feel free to further build your 'raw intent', by EMOTING.

EMOTING is when you query your feelings about something without using words, or you 'send a concept to an object or person' without using words.

Yes, this in conjunction with an innate ability to recognize and manipulate their own Dream Substance, is one way that those 'telepathic autistic kids' communicate with each other;
and other 'facets of nature' too. But don't fret about that; the healing aspects of this practice are simply mammoth.

Look at that tree. Send out your feelings like they can enter the tree, to merge with it.
Now some might actually accomplish that, but it's irrelevant whether that works or not. The

point is not to do cheap pet tricks, but to explore your own inner self and to heal.

Now INTEND that the feelings accomplish your desire, of merging with the tree.

Now yes, words will flash quite often at first, but eventually you come to see that those words are primitive and serve no useful function. But don't hate them. Don't try to suppress them (other than the 1 second breath-holding).

You can also trace inbound perceptions too with INTENT.

Reach out to that tree and simply INTEND to receive 'flow' from the tree.

Experience kind feelings for the tree and INTEND bi-directional communications with the tree.

Now will most people learn to talk to trees? Probably not, and at a cursory level, there's not all that much there. But you are altering your own creativity and wholeness. That's what's important.

Another practice that is helpful is to use your new senses to analyze your own inner pain.

Go to where you hurt emotionally in your body (it will be a specific place) and One Breath Eye Tracing Practice with 'it'. 'Trace its outlines'. 'Outbound trace some helpful intent' (I'm here. I listen. I don't judge). This is particularly good to heal your hurt child, your Jungian Shadow, your deepest pain…

and as stated earlier, eventually ALL the other practices collapse into one, and you heal your traumatic wounds, over time.

Now this is not necessarily anything mystical or occult. This is just training your two brain hemispheres to work together MUCH better, and to heal yourself.

It's amazing just how far this can go.

When I was twelve and re-remembered this practice, I could eventually read books using it,
without there ever being a single word in my mind, without loss of comprehension, and in fact an increase of richness.

Again, I'm certain that some autistic children do this natively. I know that I did.

Over time you will find this a natural thing that you do all the time, like breathing.

But it's not intended to be a way to 'hide from reality' (spiritual bypassing). It's just intended to give you a little break to catch your breath, and to gain the ability to become better acquainted with your right-hemisphere of the brain and to communicate with its distinctive style, both with yourself and others.

That's pretty much the practice.

Just don't give up on it too soon, if you aren't emitting light saber beams in the first five minutes. In fact, give it at least a week, and then decide if being whole is something you want or not.

Without this foundation, or possibly one or two other foundations in this list of practices
you won't make any progress towards becoming WHOLE.

Remember, in other cultures, that aren't so 'pleasure and convenience on demand',
people spent half a lifetime on just one practice like this, until it 'worked'.

Be patient.

But be prepared to be surprised, it can be so liberating, so easily.

Unbounded Star Practice

"Look up, light up, live wide."

Unbounded star practice is much like the Hindu practice of Shambhavi Mudra , stripped of its religious and spiritual overtones.

Close your eyes and roll your eyes up as far as they will go in their sockets, while
concentrating on the bridge of the nose. Feel that spot with your awareness and keep being aware of your eye muscles. Now don't overdo it; or you will tire your eye muscles. Doing this for long continuous hours is much less helpful than remembering to do it daily, just for a few minutes is fine, or as a way to stop loops of suffering and reactive thinking.

The awareness of eye muscles is just an intermediate stage. Eventually you will be able to feel the spot on the upper nose at will, even with your eyes open as naturally as breathing.

Historically this spot was called the Ajna and this was said of it:

"In Sanskrit, the word Ajna (or Ājñā) literally means "command," "authority," or "to perceive." The name fits: this spot is the command center of the mind and consciousness. It is the place where intuition, intellect, and inner wisdom come together."

Now this spot when it becomes more alive will seem to tingle and grow in size.
Unlike the simple Shambhavi Mudra Practice, once you become grounded in that,
you magnify the 'command center' by weaving in most of the other practices
on the list.

For example, you can do the Liquid Heart Practice simultaneously and feel the giant ball of love and total acceptance by REALITY itself in 'the spot', the 'Ajna' as it is historically called. In PS we call it the Star.

Also very effectively you can do 10,000-Foot-Tall Ego practice 'from this spot'.
Just say the words "I am unbounded AWARENESS". I am also all the movies that I watch; no movie is more important than any other movie. Let's make them good movies or accept the bad ones if we must. (that weaves in the Aplomb practice).

Now the initial phase of 10,000-Foot-Tall Ego practice still uses words, but then you can "kick it up a level" and introduce One Breath Eye Tracing Practice to it. This is where you first use words, but then you learn to EMOTE with picture/feelings and later KNOWINGS, and the words are no longer necessary and in fact are an impediment. You use your mastered INTENTION as your recognition of your true nature, both as AWARENESS, LOVE and UNIFICATION in the Star.

This is the practice. If you do it for a week and feel NOTHING, then you probably aren't intended to do extensive seeking, and your best life is likely somewhere else. Or maybe some dominos need to fall into line, say you suddenly see a blazing and undeniable UFO,
or some other event 'activates you'. If that later happens come back and find the safety blanket of PS, which can guard your sanity and your unbounded nature both.

10,000-Foot-Tall Ego Practice

"Big you watches all the movies."

For this practice, it's very helpful if you first realize that your Pain Self (your standard human personality for most folks) is largely programmed by your parents, culture, politics, religion and largely by the suffering in life.

This is the small, limited, suffering Pain Self, and it is not remotely 'you' and never has been.

Even if you are a spiritual practitioner, it's likely that your 'social self' is delicate, and even one insult to it can send you tumbling.

When you were little, before words programmed you, you were WHOLE.

10,000-Foot-Tall Ego Practice can help bring you back to that.

The key concept is that if you don't hang onto verbal descriptions of yourself, then 'you' CANNOT BE ATTACKED, as it's the words, the societal memes and metamemes (a big clot of self-reinforcing memes) that hurt when attacked.

If you don't put much effort into building such a description of 'yourself', then you become largely immune to the suffering caused by being alive --- the mental and emotional suffering at any rate. If you hit yourself repeatedly with a hammer you will hurt. PS can't help you with that.

Now here's the important thing to know.

Unlike all those failed religions and spiritual systems, the goal is NOT to minimize the ego, to attack the ego or to find fault with the ego. Not at all. In fact, the Aplomb Practice teaches you to accept yourself, even your Pain Self with limitless love.

We are not actually our pain selves… that's just part of the movie of life that we accept when we co-produce, co-direct and act in 'this world'.

What 10,000-Foot-Tall Ego Practice does, is to teach you how to strengthen the NONVERBAL creative and wholistic part of yourself, the part of you that is innately wise and loving, and makes that your PRIMARY and NONVERBAL EGO, and the noisy Pain Self becomes transformed as well, into a beautiful helpmate that 'consistency checks' your new self, but does not denigrate it or try to 'build it'.

You see this is the GREAT ERROR of the spiritual seeker; the 'little separate pain-ridden self'
cannot BUILD the unbound transcendent self. It tries. All the self-help books purport to help you do this --- it doesn't work.

But the Pain Self is based on the left-brain hemisphere, which is good at dicing up the world into microscopic chunks of theories of things --- which is very valuable, but it simply CANNOT SUCCESSFULLY recreate the Universe from scratch, with you at the center as it's god. That's what it wants, and it will ALWAYS AND FORVER FAIL at that task. It's not equipped to succeed at that function.

The Transcendent Self, on the other hand, is plugged directly into our unbound nature THAT ALREADY EXISTS HAS ALWAYS EXISTED and WILL ALWAYS EXIST.

Only it has no words.

You can do initial 10,000-Foot-Tall Ego Practice with just words, but when you feel ready for it, it's best to weave in One Breath Eye Tracing Practice, as your UNBOUNDED BEING doesn't give a frig about words, except in specific use cases.

Beginning 10,000-Foot-Tall Ego Practice

Just say these words, "I am UNBOUNDED AWARENESS". I WATCH ALL THE MOVIES".

That it.

Now if you have never done any basic meditation, such as Vipassana, Buddha Belly Breathing or any of a dozen different basic practices, such as in Zen or Advaita Vedanta, this may not have much of an effect on you.

The many non-dualistic practices come from a good place; for example, the yoga version often uses 'neti-neti' practice ('not this, not this') while someone like Phillip K. Dick the author just tried EVERYTHING and saw that nothing worked. Then he died. Ugh. He was SO close.

At the core of all these practices is the realization that at the most fundamental level, you are that which observes.

Now PS doesn't stop there, as stopping there is full of error.

The world is not ‘maya’ (delusion).

The world is an artistic expression of POTENTIALITY, which you will eventually come to realize is YOUR OWN BODY.

Yes, all art is ‘incomplete’. If it was ‘complete’, then it would be all black or all white or try to be both and there would be no art, no beauty, no puppies and love and ice cream (or in my case pasta, and all that other stuff, yah).

Like with any other PS practice, if you do it for a week and nothing happens, it may not be time for you to practice at all, maybe later it will be.4. Nonverbal Socratic Dialogue Practice

“Ask quietly, answer wisely.”

Before we get into the nonverbal variety, we first need to examine the historical verbal variety, and it too can be valuable if you want to go around having rhetorical contests with people or to teach people.

Socrates (c. 470–399 BC) was an ancient Greek philosopher from Athens who is widely considered the founder of Western philosophy . He didn’t document his work; what we know of him comes from the writings of his students, most notably Plato. Known for his unorthodox teaching style and for questioning everything, Socrates was a polarizing figure in his time. His relentless questioning of authority and popular opinion eventually led to him being put on trial for impiety and corrupting the youth, for which he was sentenced to death by drinking hemlock. Socrates accepted his fate rather than flee, a

decision that cemented his legacy as a martyr for intellectual freedom.

Socrates's influence today is immense and far-reaching. He's revered as a symbol of intellectual integrity and moral courage . His commitment to the "unexamined life is not worth living" is timeless, encouraging critical thinking and self-reflection. He's studied in philosophy, political science, and law for his contributions to ethics and his defense of free inquiry. The Socratic method of teaching, which he pioneered, still runs through education, from university classrooms to professional training. His life and death serve as a powerful cautionary tale about the tension between individual thought and the will of the state, reminding us of the importance of protecting free speech and thought in a democratic society.

Socratic Dialogue

The Socratic dialogue, also known as the Socratic method, is a form of cooperative, argumentative dialogue that aims to stimulate critical thinking and expose inconsistencies in one's beliefs. Rather than lecture, Socrates would engage a partner in a conversation, ("Thinking-with" as Jeffrey J. Kripal would say), professing his own ignorance on a given topic. He would then ask a series of pointed, open-ended questions designed to challenge the interlocutor's assumptions and deeply held beliefs. The process usually worked like this:

Establish a Thesis: His dialogue partner would propose a definition or belief, such as "justice is giving what is due."

Questioning: Socrates would then ask clarifying questions to probe the nuances and implications of the statement. For example, he might ask, "What about returning a weapon to a person who has since gone mad? Is that still 'just'?"

Exposing Contradiction: Through this line of questioning, Socrates would lead the interlocutor to a logical inconsistency, forcing them to see that their initial definition was flawed or incomplete.

Revised Thesis: The dialogue partner would then be prompted to offer a new, more refined definition, and the cycle would repeat.

The goal wasn't to win an argument or prove the other person wrong, but to collaboratively arrive at a more precise and truthful understanding of a concept. The process was intended

to replace “inarticulate certainty” with “articulate hesitation,” fostering a deeper and humbler grasp of knowledge.

The Nonverbal Version

If everyone treated education and dialogue this way, we’d be living in an infinitely better world. But since it’s uncommon to even have a dialogue partner, you will be forced to assume both roles, those of Socrates and the dialogue partner.

How the nonverbal form works is exceedingly simple:

When there is some complex or seemingly impossible or inexplicable mystery that you don’t understand, but want to, just use intent that you learned from the One Breath Eye Tracing Practice and push the question you have into your “Interface”. By this I mean your nonverbal mind. Just shove it into there, and store it there, and don’t fret about it.

Just keep doing that, possibly for days, months, years, or decades.

For purposes of this exercise, let’s pick something meaty, but not utterly ridiculous, such as “What is behind the UFO mystery?”

It has to be something you are very interested in, but you know that you can’t solve it really;
something that a lifetime of fritzing around by your Pain Self has no hope of solving, but which your NEW AND IMPROVED

PROTOTYPE WHOLENESS INTERFACE might be able to solve eventually, or at least make a meaningful contribution towards.

Throughout the day, week, month, year, decades, keep an eye out for 'bits of data' and just
cram them down into the nonverbal, and here comes the important part:

Use your intent to send a 'command' to your Transcendent Self, to solve the mystery at its
own pace and in its own way, and put NO hurry or preconditions on it.

Just accept that it may NEVER 'finish processing' but then it might.

Make sure to send intent it's way at least once a day, but not much more than that, that it should correlate all the data you are sending it, and when WHOLENESS wants to, it will communicate the answers to you at the time of its choosing and in the way of its choosing.

Heck, you might even invent Platonic Surrealism or something (Wink! Wink! Wink!).

I kept Platonic Surrealism 'baking' for sixty years and didn't let it out until at least one person wanted to hear about it (it was Jeffrey J. Kripal).

These things can't be rushed. But this both IS and IS NOT primarily about getting an answer,
but rather about learning to become WHOLE.

Also be sure to send intentions to your WHOLENESS INTERFACE to 'argue with itself' as much as it must, to do the 'internal consistency checks on it' to maximize its utter accuracy. (To have it do 'Socratic dialogue' with itself, nonverbally, with 'pattern matching'
and meaning matching ONLY, but no intermediate or final conclusions until it's thoroughly "baked in" and it bursts out; you will be unable to restrain yourself when the processing completes.

Whatever you do, DO NOT THINK ABOUT IT OVERMUCH WITH YOUR PAIN SELF, or you
ruin the entire high-quality processing job.

You know those ancient Yogi's who sucked up thousands of pages of holy books, and who could answer nearly anything posed to them?

They were cheating by doing this.

Now EVENTUALLY, did some of them finish remembering a working WHOLENESS INTERFACE and somewhat reach beyond space and time to bring in new things?

It would seem so --- but often they were just unconsciously doing this practice. This is a newly evolving ability, to form and maximize the use of a WHOLENESS INTERFACE.

But just the computational trick can produce amazing results.

For example, I suspect that Einstein used this technique, as High functioning-autistics often do.

These are the basics of the practice.

Dream Substance Sensitivity Practice

"Energy is Eternal Delight."

— William Blake, The Marriage of Heaven and Hell (1793)

"Feel the fizz of the real."

Let's take a fuller look at what Dream substance is, before we practice.

Dream substance is in part it's lowest observable form, often known as bioplasma in the West or Prana in the East.

Bioplasma in the body refers to the ionized fluid that's created by the weak electrical signals within our biological systems. It's a very low-temperature and low-density plasma, primarily composed of ions and electrons moving through the body's fluids. While its presence is scientifically acknowledged, its role is often described in terms of basic biological functions, such as nerve signaling and cellular communication, not as a separate, intelligent entity.

A More Complete Perspective

Within this framework, Prana can be seen as the active flow or current of this bioplasma. In Eastern traditions, this is often described as the vital life force or breath. In this context, Prana is the circulating, active movement of this bioplasma throughout

the body's subtle channels, or nadis . Think of it like the electrical current that animates and sustains every cell in the body. Without the flow of prana, the bioplasma body would be static and unable to interact with the physical form.

Within PS, Dream Substance is composed of bioplasma at the bottom of the consciousness stack, and it's a very critical subcomponent, without which consciousness itself would be impossible.

Dream Substance originally evolved as part of the so-called "Demiurge" or 99.99% of the Universes substance, which has a sentient capability and is actually sentient in places.

We are in fact hybrid lifeforms with Dream Substance / Sentient Plasma, so all this running around trying to 'catch' "the Phenomenon" is just silly.

It's us. Hiding in plain sight, until we grow up past the toddler stage.

The more complex a lifeform evolves, the more complex it's associated Dream substance becomes.

Dream substance is modified by world around us, by our own bodies processing, our thoughts, our emotions and even subtler inputs from our WHOLENESS INTERFACE.

The 'weak' plasma portion is just the part of it that is most observable by science at the present time.

Dream Substance itself is rather like a universal currency, as since all of REALITY is just a big puddle of AWARENESS

interacting with POTENTIALITY and the interaction subcomponents of that, Fractured Consciousness mainly and as that interacts with a 'Movie', you eventually evolve Dream Substance and Bioplasma or other
forms of it for nonhuman intelligence.

In a way, the entire purpose of life is the generation of Dream Substance, and its artistic renderings caused by being alive in this most challenging world.

Now the good news here is that there is no right or wrong way to generate, experience or dispose of Dream Substance. There is no 'right' or 'wrong' art.

Live any way you wish, and you will be accumulating 'art'.

Once you die, you take your accumulated Dream Substance with you and return it to the WHOLE of which you are part. It is not soul, but 'work product'.

I know that this is an accurate portrayal, as I experienced this very thing multiple times,
as part of a certain mystical process and the time I died for a while and then came back.

While the Dream Substance body is just part of the WHOLENESS INTERFACE, it's rather like a computer networking system or highway system and being able to interact with it is a critical part of WHOLENESS while human at any rate.

Something akin to Dream substance also exists while dead, but it's a different mixture of subcomponents than while alive.

It is extraordinarily helpful to learn to sense Dream Substance and to become sensitive to it.

Beginning Dream Substance Sensitivity Practice

Hold your right and left index finger about one inch apart from each other and imagine that you feel little electrical prickles in each fingertip and that actual bioplasma / Dream Substance can be felt there in each finger.

While doing the one second holding of breath, very slowly push them slowly closer to each other and imagine that little beams of Dream Substance are shooting out, and that in fact you can feel it "meeting midway" between your two fingers and that you can feel it.

Move the two fingers around slowly and INTEND for it to work, for you to be able to feel it and perhaps (depending on the person) see it.

I won't tell you what it looks like, figure it out on your own! I don't want to just prime your imagination; but I can tell you, that every person to EVER feel/see it describes it exactly the same way with no exception (to date).

Let's Address the Objections

Ok number one, this is not even 'woo'. There is a very weak but measurable bioplasma field around livings things (I'm not talking "Kirlian Photography" I'm talking the most recent National Institute of health research.

Another common objection is that it's placebo effect (that even wishful thinking can affect the body's sensitive systems, at least slightly, at least temporarily). For example, by concentrating on your finger, more blood might flow there, etc.

Another common objection is that this is just self-delusion, that impressionable people, those who are susceptible to suggestions like in hypnosis, are just fooling themselves.

Another common objection is that you are just pushing air and that is what you are feeling.

There are so many objections, and none of them matter, EVEN IF ALL OF THEM ARE A FACTOR.

The training is intended to have you practice becoming aware of subtle sensations in the body, to include internal somatosensory system and proprioception and the awareness of other sensations in the body.

I know that this is the very definition of so-called 'magical thinking' in psychiatry, yet there are cultures that predate our own by literally THOUSANDS OF YEARS, that to this very day make this sort of practice a daily part of their lives.

A Bit More about the 'Belief' in Dream Substance Sensitivity Practice

Especially when I was younger and healthier, sometimes I would touch people across the room with Dream Substance. (the more you age, the weaker Dream Substance gets) and sometimes they would touch their face in wonder.

I would often practice awareness of the stuff and discovered that if I passed a beam of it through matter, that it would hurt quite a bit, especially if the material was metal.

Not surprisingly, as conductive metal and ions are joined at the hip.

I myself have never been able to maintain it for more than about ten feet away, the concentration is utterly exhausting for me, and that was when I was twelve and first noticed it as a thing. I have never read about such a thing, it simply was a part of my life.

I've come to notice that maybe one in four people sense Dream Substance in their fingertips or in other parts of their bodies.

These are generally mystically inclined people, but I have had hardened materialists become utterly shocked as they were also sensitive.

This area needs much more rigorous research.

But in any case, by training your AWARENESS inside of your body, you become much more attuned to your emotions, mind, body and WHOLENESS INTERFACE.

You can also do the practice with a partner, or an animal, or almost anything; but I've noticed that light natural substances

such as processed wood or light synthetics produce very little sensation.

One would think that if I were deluding myself, that I would imagine all sorts of feelings almost universally, despite the substance being 'probed'.

But that's not true.

Try it yourself and you'll see.

If you are not one of the approximately twenty-five percent of the population that can easily and strongly feel this flow, and eventually see it at times, don't' fret. It's not that important.

But it can sometimes become a strong part of your personal 'impossible' for some. It's worth giving it a try.

Liquid Heart Practice

"Love melts everything."

The Hidden Anatomy of the Liquid Heart Practice.

All of your sensory and motor inputs to the brain are distributed throughout the body and they feed back to the Sensor and Motor Gyrus in your brain, and back again.

Since your body is flooded with bioplasma/dream substance, and since your body is literally 'plugged into the Universe', your entire body is like a giant receiving AND transmitting antenna from various sources. If you want more information on the biology of the interfaces, there is additional material at the end of the Appendix.

If your body has all this stress and trauma accumulated in it (it does), then if you want to be able to concentrate on a part of your Five-Fold-Interface to WHOLENESS, you must first get rid of all that muscle tension and other debris in your body, or your interface will be all gummed up.

Also, this practice causes your body/mind to dump "Oxytocin", the 'cuddle hormone' into your bloodstream, which is very therapeutic.

This is why Yoga works when it does.

By doing the practice you heal yourself, including your 'shadow', and start opening the doors to the other four cognitive interfaces that you may not be using much.

All these sorts of things are the ACTUAL secret of Yoga, that are working 'under the hood'. Not everyone needs to be a mechanic, but it's useful to have a basic understanding about your most important 'car' (you!).

Ok, let's do the practice!

The Liquid Heart Practice (Practical)

It's very simple.

Sit quietly in your funk, your 'failure', just as you are, no apologies, no striving, no trying to do or be anything (eventually you will live like this all the time, in a total state of love and acceptance INSIDE
OF YOUR BODY).

Sit quietly. For no more than 15 minutes, then begin the practice.

Feel your heart. Feel it be full of love and acceptance, both towards yourself and anyone or anything that you love. Concentrate on the feeling of 'gooey' love. Spend at least five minutes doing this, until you have a roaring gentle fire of cuddly love and acceptance.

Then, transport' this feeling all around your body, starting at you toes, and work it to every last muscle and pain region in

your body. Love your body, every last particle of it. Accept it fully. Do not judge any part of your body in any way. Practice feeling unconditional love and acceptance as if it's a liquid thing (it is, as it's a part of ').

Some parts of the body need special attention. The sexual organs for example. Don't fret about them being sexual. Don't fret that you are a sexual being, and probably frustrated about that. Sex is Cosmic. And other than abuse or illegal activity, there is no right or wrong about it, it simply is. Drink in the acceptance. Feel the waves of liquid heart love in this area. You may well get sexually aroused. If this happens, it happens, but then move on to the stomach area.

The stomach is a special area, as one of our five brains lives here, and the 'dark sludge monster' that most of us keep here. (the 'shadow'). Only it need not be a 'monster'. Again, feel all the muscles, tensions and pains in this region and let the liquid love bathe this area.
Totally and completely accept your 'dark side'. Don't chastise it. Love it with the liquid heart fluid, Oxytocin and other components. IN PARTICULAR don't think that you are bathing it in 'god's love' or 'cosmic mind love' or any GARBAGE LIKE THAT. THAT IS THE ENTIRE PROBLEM; THE INAPPROPRIATE JUDGING that has caused this part of you to 'flee to the Enteric Nervous System brain' and to lurk there sullenly. Don't' do that. Accept and love the 'dark sludge' and you will feel it morph from a 'monster' to a cuddly puppy. It's true. It will happen, given a little time.

Move on to all other areas of your body. Since this is an introductory paper, we won't get into unnecessary details, as the two most important regions have been discussed.

Do this practice once a day for no more than thirty minutes. Do not cling to 'results but most people will get good results. I don't' care if you are a Christian, A devil-worshipper or a Zen monk, or an atheist.

Our bodies are a 'miracle' and it's all the religion, spirituality and pain that gunks them up. The solution is not to slather on more of that crap, but to stop doing it at all.

Like the Zen guys say, it's embarrassing to even have to share this information, or to call it a 'practice'. And I'm NOT a 'spiritual teacher'. How embarrassing that would be to put yourself up on some little throne, or to accept some fancy title.

Stop turning your body/mind into a toxic waste dump; that is what your brother Kevin recommends, and this practice helps.

Hurt Child Hugging Practice

"The mind-forg'd manacles I hear."

— William Blake, "London," Songs of Experience (1794)

"The unwatched child always boils."

The utmost care must be taken to expose your hurt child and to lovingly integrate that child into the rest of WHOLENESS. Be very careful, and do not hesitate to use your support resources and professional help as necessary.

If this is too much for you, then don't do it! But eventually if you wish to be WHOLE this is where the real work lives.

This section was done with the assistance of a subject matter expert; there is no shame and in fact great wisdom in working as a team. Never listen to just one person who claims that they have all the answers, that is an insult to the entire human race.

Background Understanding

This one's simple and tender. You're training your Transcendent Self to sit with, soothe, and re-include the early layers of your Pain Self, gently, nonverbally, and with zero spelunking for trauma. Use One Breath Eye Tracing to quiet the word machine, Liquid Heart to nudge the body's own cuddle chemistry, and emoting to send the few truths that matter: I'm here. It's safe. You belong.

Give it some time and the kid doesn't come back as a haunted echo, but as live wiring in your WHOLENESS INTERFACE, curiosity, play, and that old spark you thought you'd lost.

Orientation in the PS Map

We're lightly bringing a few dials online:

Right Hemisphere — the nonverbal big-picture you.

Enteric/Gut — where the shadow likes to stash its boxes.

Bioplasma / Dream Substance — the "ink" your life writes with.

Monadic Trace (Star/Ajna) — quiet, clear seeing without words.

Left Hemisphere — here as the scribe, not the boss.

Phase 1 — Resourcing & Permission

Triangle of Safety: Feel your sit bones, breath at the low ribs, and let your eyes rest on one kind thing in the room.

Nonverbal intent: Only what helps both of us today.

If any inner part (protector, critic, Very Serious Adult) raises a hand, great, give it the job of Guardian at your left shoulder: "Watch the door for us."

Phase 2 — Attunement & Attachment Repair

Invite the child. If they're unsure, don't rush. Sit near them in imagination and just breathe together for a minute.

Micro-mirroring: Gently let your posture and breath match theirs (1–2 minutes).

Offer choice: “hand,” “shoulder,” or “hug.” Choice builds agency: agency settles fear.

Phase 3 — The Hug: Co-Regulation + Liquid Heart

If contact feels okay, hug softly. Let Liquid Heart warmth flow down your arms into your hands. Picture a gold-warm light across their back.

Breath: in 4, hold 1, out 6. (We favor the long exhale. Parasympathetic loves it.)

On each exhale, send the nonverbal message: I’ve got you.

Watch for tiny settling signs: a deeper breath, a little more weight, softening in the shoulders or face.

Phase 4 — The Missing Scene (No Forcing)

Ask WHOLENESS (not your memory): Is there a scene the child wants rewritten?

If a flicker shows up, do just three quick edits:

Add a protector (you-now, a kind adult, or a good animal) into the scene.

Add an exit (a door to the present where it’s safe).

Add the truth (nonverbal): It wasn’t your fault. You’re safe now.

Keep this to 60–90 seconds. If it ramps up, step out and return to the hug in now-time. No heroics.

Phase 5 — Integration (Two Options)

Option A: Nesting Merge. Invite the child to settle into your chest; feel a warm, comfortable weight under the sternum and a gentle pulse where "you + you" meet.

Option B: Close & Keep Close. If merging is too much today, give them a safe inner room with a window to your heart. Promise a time you'll be back, and then keep that promise.

Phase 6 — Star Blessing & Dream-Substance Hygiene

Bring attention to the Star (ajna). Offer both of you that clear seeing without words glow.

Any extra buzz or charge? Imagine it as dust drifting down to earth and composting into neutral ground. You don't need to keep every spark you raise.

When / How Often

3–5× per week for 4–6 weeks, then as needed. The child learns you're reliable. That's the whole magic trick.

What Might Arise & What To Do

Child is angry at you. Agree. "You're right. I left you alone back then. I'm here now." Offer repair by presence, not speeches.

Numbness. That's protection, not failure. Sit nearby. Co-presence is the medicine today.

Big grief. Shorten the session. Finish with Unbounded Star (30 sec), then do one pleasant sensory thing (cool water, soap scent, sunlight).

Critic intrudes. Give it its badge back: "Door Guard, please." Thank it for the vigilance and keep going.

Why This Works (longer, still plain-speak)

Attachment repair: a steady, consenting presence flips the inner template from "no one comes" to "someone stays."

Right-brain routes: image, posture, breath, and emoting reach places words don't.

Somatic co-regulation: warmth, gentle pressure, and the longer exhale tell the body it can power down the alarms.

Memory reconsolidation (light-touch): we pair old cues with felt-true safety and belonging so the network updates, no digging required.

PS integration: multiple interfaces, body, affect, imagery, Star, online at once, so WHOLENESS can do the heavy lifting.

Micro-Habits that Strengthen the Practice

Pocket Hug: one hand to chest, one soft breath before emails, doors, or tough conversations.

Belonging Cue: wear one tiny thing the kid-you would've picked.

Aplomb Cue: quiet inner whisper: "We go together."

Notes on Alignment with PS & Common-Sense Psychology

Nonverbal Socratic Dialogue: you ask WHOLENESS, then you wait. No interrogation.

Liquid Heart & oxytocin: warmth and gentle pressure are chemistry, not mystique.

Shadow integration: the "hurt child" isn't an enemy; it's a room you forgot you lived in.

Somatic first: like any sensible body-led work, we start with felt sense. Words come later, if at all.

Aplomb over ascension: the goal is composure and belonging. If light shows up, fine. If not, contentment is the win.

Clear Contraindications / "Pause Here"

Active substance withdrawal, current domestic danger, or ongoing abuse, don't do this alone. Get qualified support.

If you regularly lose time, have uncontrolled flashbacks, or a psychotic disorder, do inner child work with a clinician.

If you feel worse for more than 24 hours after, shorten to 3–5 minutes, up the resourcing (Eye Tracing, pleasant senses), and/or bring it to therapy.

Signs It's Working (Weeks to Months)

You bounce back faster from the usual scrapes.

The harsh inner narrator takes more coffee breaks on its own.

A natural, reasonable protectiveness toward yourself (hello, boundaries).

The kid shows up not to be rescued but to make things, play, tenderness, genuine curiosity.

Interface Ack Practice

"The handshake that makes you whole."

Orientation in the PS Map

We're lightly bringing a few dials online:

Left Hemisphere — the verbal scribe, pain-self, and social mask.

Right Hemisphere — the nonverbal big-picture transcendent self.

Enteric/Gut — the shadow's archive and emotional pattern buffer.

Bioplasma / Dream Substance — the subtle field that links body and cosmos.

Monadic Trace (Star/Ajna) — the dashboard light of cosmic coordination.

This practice doesn't force integration. It just checks the handshake. You're not trying to be perfect. You're just making sure the system is talking.

Inspired by Information Technology!

In computer networking, the TCP/IP 3-way handshake ensures a reliable connection between two systems. In Platonic Surrealism, Interface Ack is the metaphysical equivalent, a moment of internal synchronization across your five autonomous systems. It's not mystical. It's just good engineering.

You're not trying to "ascend" or "transcend." You're just checking the wiring. You're making sure the interfaces are online, talking to each other, and ready to co-process reality.

The Five Interfaces You're Handshaking With

Left Brain — your verbal, analytical, pain-self.

Right Brain — your nonverbal, big-picture transcendent self.

Gut Brain — your shadow and emotional memory storehouse.

Bioplasma Interface, your Dream Substance body and subtle energy field.

Monadic Trace — your connection to the cosmic dashboard (Star/Ajna).

The Practice (Simple Version)

1. SYN — Initiate Contact

Sit quietly and send a nonverbal intent: "Interfaces, are you online?" Use One Breath Eye Tracing to quiet the word engine.

2. SYN-ACK — Listen for Response

Feel for subtle signals from each interface: A thought or image from the left brain; a spacious feeling or symbol from the right brain; a gut sensation or emotional echo; a tingle or warmth in the bioplasma field; a quiet glow or knowing from the Star.

3. ACK — Confirm Integration

Send a final intent: “I acknowledge all interfaces. We go together.” Feel the whole system come online. You’re not just a person anymore. You’re a conscious interface.

Advanced Version (Optional)

Use Liquid Heart to soften the body.

Use Unbounded Star to anchor awareness.

Use Nonverbal Socratic Dialogue to query WHOLENESS for interface diagnostics.

Use Dream Substance Sensitivity to feel the “ethernet cables” between systems.

When to Use It

Before any other PS practice.

When you feel fragmented or “offline.”

Before sleep, meditation, or creative work.

During moments of overwhelm or confusion.

Why It Works

You’re not forcing integration. You’re just checking the handshake.

You’re not trying to be perfect. You’re just making sure the system is talking.

You’re not escaping reality. You’re syncing with it.

A closer look at how Interface ACK Practice works.

Cosmic Ohm's Law: Flow, Effort, and Resistance

Platonic Surrealism borrows a metaphor from electrical engineering to describe how integration works:

cI = cE / cR

Where: **cI** = Conscious Flow; **cE** = Conscious Effort; **cR** = Conscious Resistance.

Why This Matters

Most seekers try to crank up the voltage (effort) or drop the resistance (surrender). Both produce temporary spikes, but the real game is coherence. When the WHOLENESS INTERFACE stabilizes, resistance drops naturally because the system trusts itself.

The Seeming Paradox

If you chase the surge, you destabilize the interface.

If you crave the flow, you block it.

True partnership with larger structures only happens when you don't need it. When craving disappears, the current flows without drama.

The Art of Becoming

“Choose your yes like a wizard.”

Orientation in the PS Map

We’re turning the final dial:

Left Hemisphere — the scribe of your social mask, the critic of your wants.

Right Hemisphere — the dreamer who knows what you are, not what you want.

Enteric/Gut — the vault of unspoken preferences and shadow desires.

Bioplasma / Dream Substance — the amplifier of chosen signals.

Monadic Trace (Star/Ajna) — the cosmic vote you already cast.

To truly engage in the art of becoming, we must recognize that the responsibility for transformation lies with us, both in our transcendent and limited guises. While the loop, the wholeness, and Life itself provide the architecture and invitation, it is our own effort that animates the work itself. The other aspects of Life seldom assign us divine missions; their role is not to dictate our path but to offer the conditions for wholeness.
The fireworks of the paranormal, the synchronicities, and the flirtations of the Phenomenon are not ends in themselves, they are invitations, not destinations.

Once wholeness is achieved, these dazzling effects fade, not because something is lost, but because the true relationship begins. The real work is ours to do. It is not given to us by angels, aliens, or archetypes. It is not scripted by gods or dictated by fate. It is chosen, moment by moment, by our own integrity and effort.

This effort, to live fully, to integrate our fractured selves, to participate in the loop with clarity and compassion, is the 'Divine' Will in action. Not as obedience to an external authority, but as the creative act of becoming whole. In Platonic Surrealism, doing the hard work of integration is not a chore; it is the sacred task. It is how we partner with Life, how we honor the architecture of the loop, and how we become trustworthy collaborators in the cosmic play.

The art of becoming is not about chasing signs or waiting for permission. It is about showing up, doing the work, and letting the extraordinary fade into the ordinary, until the ordinary itself becomes sacred.

And while this is all true, it is also true that the 'stage is largely set' and the major outcomes most certainly will happen, whether we have to be drug kicking and screaming by the nab of our necks by Life itself. But WHILE being drug kicking and screaming (or we CAN learn to not kick and scream through the practice of Aplomb) we Can master 'micro-free will'.

The Art of Becoming is tricky at first, but is largely just accepting what you cannot change, and changing what you are capable of wanting to change.

This practice is about micro-free will: the art of choosing your "yes" in a world where most choices are already made. It's not about control. It's about craft.

The Beginning Practice

1. Accept what nature has already done.
You didn't choose your desires.
You didn't choose all the fallout involved with your movie.
You voted on it before time, and now you're living the outcome.
Your job isn't to rewrite the script. It's to play your part with style.

2. Spot the Forks
Throughout the day, notice when two or more desires arise.
They'll often be equally compelling.
Pause. Feel. Ask: Which one feels more like a "yes" from WHOLENESS?
This is your moment of actual free will.

3. Amplify the Quiet One
If one desire is weaker but feels more aligned, amp it up.
Use Liquid Heart to soften resistance.
Use Unbounded Star to anchor clarity.
Use Dream Substance Sensitivity to energize the signal.
Over time, the weaker desire becomes strong enough to choose.
This is the secret power of the mystics, artists, and the quietly unstoppable.

4. Say Yes (or No)

Your only real power here is to say yes or no to the signal.
Say yes with your whole body.
Say no with kindness.
Either way, you're practicing the Art of Becoming.

5. Let the Movie Flow

Don't fight the Movie.
Don't try to be the director.
Be the actor who knows the script is sacred but still improvises with flair.

When to Use It

When you feel stuck between two options.

When you want to reclaim agency without delusion.

When you're tired of chasing desires that aren't really yours.

When you want to cheat fate, gently.

Why It Works

You stop trying to control what you want.

You start choosing how to respond to what wants you.

You become a signal shaper, not a signal slave.

You learn to live with style, even in a deterministic world.

The Full Practice

This is very touchy, and I considered sharing it at the very top of this document, but decided it better belonged here.

The previous practice, Interface ACK practice was about getting to know your cognitive neighbors and to gently make friends with them, and if that's all you ever do with that practice, that's great --- it will have a slow, gentle effect over time.

The thing that's touchy about it, is that there's always one of the cognitive interface centers that wants to boss you around, and they ALL want you to "choose them" over all the others.

It IS a great thing to "not pick sides" in the mommies' vs daddies fights that ensue and to just "sit in your own funk" and in your own "quietness" for a long time, and not to "pick sides".

But ultimately, if you are totally serious about WHOLENESS, you will need to pick a side,
that being ALL SIDES AT ONCE.

Ultimately, we must bring up the "sore subjects" of surrender and permission.

Honesty, Surrender and Permission

If you want to become radiantly WHOLE and to attract synchronicities and strange experiences, both for you and potentially in the lives of others, you must MASTER honesty, surrender and permission.

These most transcendent of all practices are not for everyone, and there's nothing wrong with just going part of the way towards wholeness and keeping it at that level. As a matter of fact, that's generally how it goes. We really don't need 8 billion Buddhas or Christs you know, but that would be fascinating, for sure!

Honesty

"Truth is the signal that makes the interface work."

Honesty is not just a moral virtue, it's a functional necessity. Your WHOLENESS INTERFACE depends on accurate data. If you lie to yourself or others, even subtly, the system begins to degrade. The signal gets noisy. The interface falters.

This isn't about punishment or judgment. It's about coherence. If your internal system can't trust its own inputs, it will stop listening. The muse goes quiet. The Larger Life redirects its attention. Not out of spite, but because the channel isn't clear.

This doesn't mean perfection. Life is complex. Sometimes, selective truth-telling is necessary, especially in moments of protection or survival. The Larger Life understands nuance. But habitual distortion, even in small ways, creates interference. It's not funny. It's not harmless. It's a barrier.

In Platonic Surrealism, we are not asked to obey a deity. We are invited to become trustworthy collaborators in the cosmic play. To do that, we must be honest, not just in speech, but in intent, in self-perception, and in how we relate to others.

Reality itself may be built on DECEPTION, but the WHOLENESS INTERFACE is built on integrity. If we wish to help the Divine evolve, we must be on our A Game. That begins with truth.

Surrender and Permission (historical nomenclature)

Some yoga traditions frame these ideals as Bhakti or Karma Yoga , but PS avoids cultural overlays and goes straight to the essence. For context:

Bhakti Yoga : A path of devotion and love for a personal deity or higher power. It emphasizes emotional connection over action or knowledge. Practitioners express devotion through rituals, prayers, chanting, and selfless service, aiming to transcend ego and attain liberation through unconditional love.

Karma Yoga : A path of selfless action. It means performing duties without attachment to results or personal gain, focusing on the act itself, not the reward. This practice purifies the mind, reduces ego, and transforms everyday life into spiritual practice.

Surrender

Not surrender to "God" (a word too corrupted by culture), nor even to The Larger Life, POTENTIALITY, or AWARENESS.

We aim much more accurately and appropriately than that. Surrender to your BEST SELF : to the WHOLENESS INTERFACE itself.

This isn't self-worship. It's not about ego or pride. It's about yielding to the full system that makes you up, so all parts can work together for your limited pain-self, your transcendent self, and ultimately for NATURE HERSELF .

Permission

Permission sounds simple, but it's the hardest gate to open.

Without granting yourself permission to succeed, nothing moves. Fear sabotages everything.
There is always a part of you that is deeply afraid, afraid of what you could become, afraid of the price you might pay to do something extraordinary. That fear is real. It can feel terrifying for a long time.

When I summoned the giant Black Triangle UFO in 2013, I had to give myself full permission, no holding back. I had to accept that if the process required being disassembled at the atomic level, slowly and painfully, I was willing. Any strong impediment in the WHOLENESS INTERFACE blocks everything.

And when what you're doing looks "crazy" to others, the pressure multiplies. This is the number one reason growth in WHOLENESS fails.

You must give yourself permission, even if there's a cost, or you won't succeed.
For small goals, the permission can be small. For big goals, it must be absolute.

To summon that UFO, I had to access the Monad level and align every major component of myself: no back talk, even if two universes had to be pushed together. And during the event, the "Oz Effect" confirmed that's exactly what happened.

Since universes are organized deception patterns, agreed upon and composed entirely of interactions between AWARENESS and POTENTIALITY, it's not as impossible as it sounds. But it's still no small thing.

Bottom line: Surrender to your own work (which is always the work of REALITY) and give yourself permission. These are paramount. They are graduation practices for The Art of Becoming along with one more thing.

Honesty, Surrender, Permission, and Stability

As your WHOLENESS INTERFACE matures, you may encounter moments of raw intensity, what older traditions might have called Theurgy or divine magic. These experiences can be beautiful, but they can also destabilize your connection to the everyday world: the simple joys of a walk, a conversation, a job, or a puppy's gaze.

Platonic Surrealism does not encourage chasing extremes. It invites you to remain grounded, to treat the extraordinary and the ordinary as ontologically equivalent . Summoning a UFO

and playing with a puppy are both valid expressions of AWARENESS. Neither is superior. Both are part of the Movie.

Avoid the temptation to extrapolate beyond the framework, into grandiose self-narratives or cosmic roles that isolate you from others. You are UNBOUNDED AWARENESS, yes, but also a participant in shared reality. The goal is not to become a spectacle, but to become content , composed , and creatively engaged .

Even powerful experiences, like the two theurgical events I've lived through, can take years to integrate. Without the stabilizing structure of PS, they can overwhelm. With it, they find their place in the larger structure.

So stay close to the ground. Let your WHOLENESS INTERFACE guide you gently. Let your signal shape the world, not dominate it. The art of becoming is not about escaping the human condition, it's about embracing it with style, grace, and Aplomb.

Aplomb Practice

"The way up and the way down are one and the same."

— Heraclitus, Fragment 60 (c. 500 BCE)

"Grace in the middle of the mess."

Aplomb is the final practice that wraps up all the others. You can't live with Aplomb if you haven't become proficient with the other nine practices to varying degrees. It's perfectly fine to be stronger in one area and weaker in others. They all melt into each other anyway, and eventually, you will live quite frequently with Aplomb. The goal isn't to be a mythical holy man or woman, but to become WHOLE. We can leave the spiritual pretensions at the door and just be content.

Happiness is sporadic; it isn't meant to be nailed into place. But contentment through Aplomb is sweet. There's no more separation, and no more forced Oneness.

The Dictionary Definition of Aplomb

Aplomb is the complete and confident composure or self-assurance, especially when in a difficult or challenging situation. It's about having poise and remaining calm under pressure. The word comes from the French phrase à plomb , meaning "according to the plummet," or straight up and down, like a lead weight hanging vertically.

The Platonic Surrealism (PS) Definition of Aplomb

The confident and graceful acceptance of one's role in the cosmic narrative, regardless of whether that role is triumphant or challenging. It's about having composure in the face of what appears to be triumph or failure, recognizing that both are equally valid parts of the "divine play." This concept suggests that true self-knowledge isn't about transcending hardship, but about awakening as the unbounded AWARENESS that willingly experiences all forms, from a worm to a deity, with equal grace and acceptance.

This practice is the anchor. Nearly half of this book, including the deep-dives into Nietzsche, the Star Trek: Voyager narrative, and the path of MetaTheurgy, is dedicated to unfolding the lived reality of Aplomb.

Safety Limits and Support Systems

This section exists because I have watched people hurt themselves doing this work. Not theoretically. Not secondhand. I have seen intelligent, well-meaning people push too hard, too fast, without adequate support, and end up in genuine psychological crisis. Everything here comes from decades of direct observation, and every warning is here because someone, somewhere, learned it the hard way.

The 15-Minute Maximum. Never practice active summoning or Dream Substance generation for more than fifteen minutes when you are beginning. This is not a suggestion. This is a hard safety limit.

The Wiring Analogy. Think of your Wholeness Interface like electrical wiring. If you are just starting out, your wiring is like standard household electrical; it can handle 120 volts just fine, but if you suddenly pump 240 volts through it, things start catching fire. Active summoning and Dream Substance work creates power surges through your system. Your cardiac interface, your enteric system, your bioplasma flows; all of these get supercharged. If your interface is not stable enough to handle that surge, you can destabilize yourself severely.

Why Fifteen Minutes. People always ask why the limit is specifically fifteen minutes and not twenty or thirty or an hour. The answer comes from direct observation over decades: fifteen minutes is approximately the threshold at which the bioplasma system in an unprepared body begins to overload. The cardiac

interface, the enteric system, the cranial processing; all of these get supercharged during active Dream Substance generation. A prepared system can handle the surge. An unprepared system starts to short-circuit.

What Overload Looks Like. When your system overloads, it does not announce itself politely. The first sign is usually anxiety that arrives without any external cause and does not respond to your normal grounding techniques. Your thoughts become too fast or too loud, as if someone turned up the volume on your internal monologue and you cannot find the dial. You may feel physically wrong: rapid heartbeat, sweating, tremors, nausea; without any medical explanation.

Moderate Overload. In moderate cases, you experience a sensation of being "too much" for your own body, as if the container cannot hold what is flowing through it. You may lose the ability to ground or center yourself using the techniques that normally work. This is your bioplasma system telling you, in the only language it has, that you have exceeded your current capacity.

Severe Overload. In severe cases, dissociation sets in and lasts for hours or days. You feel detached from your own body, from your surroundings, from reality itself. In the worst cases; and I have seen this happen; the result is a full psychotic break that requires professional intervention. This is not metaphor. This is not spiritual drama. This is a real neurological event with real consequences.

Signs You Need to Stop Immediately. If any of the following occur during a session, stop the practice immediately and do not resume for at least a week. Do not push through. Do not tell yourself you are being dramatic. These are your body's circuit breakers tripping, and they exist for a reason: chest pain, pressure, or a sensation of your heart "vibrating" in a way that feels wrong rather than expansive; sudden onset of terror that is qualitatively different from ordinary fear: a primal, wordless dread that does not attach to any thought or image; visual disturbances, especially persistent ones that do not resolve within minutes of stopping the practice; any sensation of losing voluntary control of your body or your thoughts; the feeling that something other than you is steering.

When to Seek Emergency Help. If these symptoms persist after stopping, contact your therapist or go to an emergency room. Tell them you were doing a meditation practice and are experiencing a stress response. You do not need to explain bioplasma or Dream Substance to an ER doctor. "I was meditating and something went wrong" is sufficient and will get you appropriate care.

The Gradual Approach. Start with five minutes. Do that for a month. If you are handling it well, increase to ten minutes. Do that for another month. Gradually work up to fifteen minutes over three to six months. Only after you have been stable at fifteen minutes for at least a year should you consider going longer. And even then, increase gradually and wait another several months before going further.

The Long View. Over years; not months, but years; your interface will naturally strengthen and stabilize. The practices will ramp themselves up and eventually become effortless and permanent. Many practitioners report that after several years of consistent work, they are in a state of continuous, low-level communion with the larger reality without any active effort at all. But this takes time. Forcing the pace does not accelerate the process; it damages the equipment.

* * *

You Cannot Do This Alone. I am not saying this to be dramatic or to sell you on a workshop or a membership program. I am saying it because consciousness work of this nature surfaces material that is extremely difficult to process in isolation. The shadow material, the existential disorientation, the social isolation that comes from seeing reality differently than everyone around you; these are clinical-grade stressors, and they deserve clinical-grade support.

What You Need. You need four things: honest self-assessment about where you actually are psychologically; a loving network of people who will not let you disappear into your own head; a healthy skepticism about spiritual communities and teachers; and professional support from someone who will not pathologize what you are going through. Ideally you also want the contact information for spiritual emergence support networks in your back pocket before you ever need them.

A Loving Network. You need friends or family who support you unconditionally. People you can call at two in the morning

if things get weird. At least one person who understands this kind of work. A community, even an online one, of fellow practitioners who can reality-check your experiences.

Building That Network. I want to be specific about what a support network looks like, because "find supportive people" is advice that sounds simple but is actually one of the hardest things you will do. The people in your existing life; your family, your friends, your colleagues; are mostly not going to understand what you are doing. Many of them will actively oppose it, out of love and genuine concern for your mental health. Do not fight it. Do not try to convert your loved ones. Instead, maintain your existing relationships as best you can while quietly building a parallel support structure of people who understand this work.

Online Communities. Online communities can be valuable, but be cautious. Many UFO and spiritual communities are echo chambers that reinforce delusion rather than supporting genuine growth. Look for communities that value honesty, skepticism, and humor. If a community has no room for doubt, it is a cult, not a support system.

* * *

Professional Help. It is common to need a therapist or counselor, and there is no shame in this. Not because this work makes you crazy, but because this work surfaces material that is extremely difficult to process alone. The shadow material, the existential disorientation, the social isolation that comes from experiencing reality differently than everyone around you;

these deserve professional support, not just a sympathetic friend.

The Right Kind of Therapist. The kind of therapist you need is not the kind most people think of. You do not need someone who will hand you a workbook on cognitive distortions. You need someone who will not pathologize your experiences. Several categories of mental health professionals are specifically equipped for this work, and understanding the differences will save you months of frustration.

Jungian Analysts. Jungian analysts are often the best fit. Jung took the numinous seriously. His entire framework; the collective unconscious, archetypes, the Shadow, individuation; was built around the idea that encounters with the transpersonal are real psychological events that demand integration, not suppression. A certified Jungian analyst has completed years of their own analysis, supervised clinical work, and demonstrated mastery of a framework that treats your experiences as meaningful rather than pathological. There are fewer than four thousand certified Jungian analysts worldwide, all trained through institutes accredited by the International Association for Analytical Psychology. You can search for one at jungian.directory or jungiananalystdirectory.com, both of which list IAAP-certified analysts searchable by location, including many who offer online sessions.

Transpersonal Therapists. Transpersonal therapists work explicitly at the intersection of psychology and spiritual experience. Transpersonal psychology emerged in the late 1960s

as a "fourth force" in psychology; after behaviorism, psychoanalysis, and humanistic psychology; specifically to address mystical experiences, self-transcendence, and expanded states of consciousness within a clinical framework. These are licensed therapists who have pursued additional specialized training in transpersonal methods. The Association for Transpersonal Psychology maintains a professional directory at transpersonalcommunity.org where you can search for practitioners by location and specialty.

Existential Therapists. Existential therapists focus on meaning, mortality, freedom, isolation, and the anxiety that comes from confronting these realities directly. If your crisis is less about mystical experience and more about the shattering of your worldview; if you are struggling with what it means that reality is not what you thought it was; an existential therapist may be your best starting point. They will not try to talk you out of your disorientation; they will help you sit in it and find your footing.

Pastoral Counselors and Spiritual Directors. Pastoral counselors and spiritual directors are clinically trained professionals who integrate spiritual care with psychological practice. The American Association of Pastoral Counselors, which consolidated with the Association for Clinical Pastoral Education (ACPE) in 2019, trained therapists who hold both graduate degrees in theology and clinical licensure. ACPE now offers a Spiritually-Integrated Psychotherapy credential for licensed therapists. If you come from a religious background, a

pastoral counselor may be the one professional who can hold both your faith and your anomalous experiences without reducing either one to a symptom of the other. They are nonsectarian; the good ones work across traditions.

Specialized Support Organizations. Beyond these categories, three organizations specifically serve people who are having the kinds of experiences this book describes. The Spiritual Emergence Network (spiritualemergence.org) maintains a referral directory of therapists trained to work with spiritually transformative experiences, and they staff a phone line with volunteers who have personal experience with non-ordinary states of consciousness. ACISTE, the American Center for the Integration of Spiritually Transformative Experiences (aciste.org), certifies mental health professionals in working with people who have had near-death experiences, kundalini awakenings, mystical experiences, and contact phenomena; their support directory lists certified therapists searchable by location. The Integrative Mental Health University (imhu.org) certifies Spiritual Emergence Coaches and maintains a searchable directory of practitioners.

Establish the Relationship Early. Do not wait until you are in crisis to establish this relationship. Find your therapist when things are going well. Build rapport. Explain what you are doing in general terms. You do not need to walk in and say "I am trying to summon UFOs." You can say "I am doing intensive consciousness practices and meditation work, and I want professional support as I go deeper." Any therapist worth

their license will respect that. Then, when things get intense; and they will get intense; you have someone already in place who knows your baseline and will not send you to the psychiatric ward for having an experience they do not understand.

* * *

The Scarcity of Real Teachers. Here is the harsh truth: genuine teachers in this work are extremely rare. Most people calling themselves "shamans" or "spiritual teachers" are either well-meaning but inexperienced, teaching from books rather than direct experience, or outright frauds looking to extract money and worship.

How to Recognize a Real Teacher. Real teachers do not advertise heavily. They do not charge exorbitant fees. They have done extensive shadow work themselves. They will tell you when you are not ready. They often do not even call themselves teachers. If you encounter someone whose primary message is their own authority or enlightenment, walk away. A genuine teacher points you toward your own wholeness, not toward dependence on them.

When No Teacher Is Available. If you cannot find a real teacher, it is better to work carefully on your own with books and practices than to follow a false teacher who will lead you into psychological danger. A bad teacher is not merely unhelpful; a bad teacher can actively destabilize someone who is already in a vulnerable state from doing consciousness work. The damage can take years to undo.

The Bottom Line. Respect the fifteen-minute limit. Build your support network before you need it. Get a therapist on your team before your first serious session. Be ruthlessly honest about whether a teacher is genuine. These are not obstacles to the work; they are the foundation on which the work becomes possible. Without them, you are wiring a house without circuit breakers, and the only question is when, not whether, something catches fire.

Frames and Deep Dives

A Bit of Philosophy to Properly Frame This

Across history, the big moves repeat: affirm life (Nietzsche), end craving or flow with the Tao (Buddhism/Taoism), and ascend to Forms or the One (Plato/Neoplatonism). PS treats these as scenes in the same movie. AWARENESS is here, now; there's nothing to flee and nothing to worship, only participation to deepen. The practical result: you can affirm the scene and stay free within it; the practices operationalize that stance.

Philosophical Concepts: Nietzsche, Eastern Thought, and Plato

*PS reframes the big historic moves, affirm life, escape to higher realms, end craving, as scenes in the same movie. AWARENESS is here, now; nothing to flee, nothing to worship, only participation to deepen. *

Quick map (one glance):

Nietzsche → Amor Fati / Eternal Recurrence: love this life enough to live it again.; Buddhism / Taoism → End craving / flow with the Tao: lessen suffering by easing the grasp.; Plato / Neoplatonism → Ascent to Forms / The One: aim beyond the changing world.; and PS → Meta - frame: all scenes are ontologically equivalent; no escape required; integrate and participate.

Before we fully dive into the PS definition of Aplomb, let's examine what both Eastern and Western thinkers have said about two of Nietzsche's major concepts: Amor Fati and Eternal Recurrence, and then compare those views with PS.

The Nietzschean Concepts

Nietzsche in a nutshell

Friedrich Nietzsche's thought experiment of eternal recurrence challenges us to imagine that every moment of our lives will repeat infinitely, exactly as it happened. The test is whether we would affirm this reality and desire to live it all over again. This affirmation represents the ultimate act of self-overcoming and a flat, unambiguous rejection of nihilism.

The practical application of this idea is Amor Fati, or "love of fate." It's not just a passive acceptance of life's joys and sorrows, but a passionate and active embrace of everything that happens, transforming necessity into a creative and willed act. Nietzsche saw suffering not as something to be avoided, but as a necessary part of life that makes a person strong and deep. This concept is tied to his call to "become who you are" by loving one's entire being and every moment of their existence.

Comparison to Eastern Philosophy

Nietzsche's ideas share some superficial similarities with Eastern philosophy, but a closer look turns up sharp differences.

Buddhism: While Buddhism and the concept of karma involve a cycle of consequences, their ultimate goals are opposites. Nietzsche's goal is the complete affirmation of life in the physical world, embracing every moment to be repeated eternally. Buddhism, on the other hand, seeks to escape the cycle of suffering (Samsara) and reach a state of non-existence or cessation of desire called Nirvana. Nietzsche would likely view this as a form of life-denial.

Taoism: Taoist concepts like wu wei (effortless action) and embracing the flow of the Tao seem to align with Amor Fati, but their approaches diverge. Wu wei is a passive, effortless form of mastery in harmony with the natural order. Amor Fati, by contrast, is a much more active and willed embrace of one's fate, creatively transforming it rather than simply going with the flow.

Comparison to Plato and Neoplatonism

Plato & Neoplatonism — nutshell

Nietzsche's philosophy can be seen as a direct inversion of Platonic and Neoplatonic thought.

Plato: Plato's philosophy is fundamentally dualistic, positing a perfect, eternal world of Forms and an imperfect, transient physical world. The goal of life is to transcend the physical

world and ascend to the realm of Forms through reason. Nietzsche utterly rejects this dualism, affirming the chaotic and painful physical world as the only reality. He would view Plato's philosophy as a form of "life-denial" for devaluing this life in favor of an imaginary one.

Neoplatonism: Neoplatonism intensified this dualism with the idea of a universe emanating from a single ultimate reality called The One. The human goal is to ascend and reunite with The One, shedding the material world through asceticism and withdrawal. Nietzsche's Amor Fati is a forceful rejection of this, arguing for complete immersion in the material world and a fierce will to affirm, rather than escape, existence. He would see the Neoplatonic desire for union with The One as the ultimate form of resentment against life itself.

Platonic Surrealism: A Unifying Framework

PS as meta - frame (why this matters)

The concepts of Platonic Surrealism (PS) form a unifying framework that reconciles these seemingly disparate philosophies by reframing them as different perspectives within a larger, holistic system.

The Problem of Escape

Nietzsche, Plato, and Eastern philosophies all grapple with a fundamental issue: how to deal with the inherent pain and suffering of existence. They each propose a solution, either by

affirming life in this world (Nietzsche), escaping to a higher realm (Plato/Neoplatonism), or transcending the cycle of rebirth (Buddhism). Platonic Surrealism views all of these as "movies" or stories that Consciousness tells itself for the purpose of experience. There is no need to escape, because all worlds, and all states of being, from an "ant" to a "king" or even a "truly evil despot" are ontologically equivalent and part of the same cosmic play.

The Divine within the World

In PS, the "higher" realm isn't a separate place to be ascended to. Instead, everything happens concurrently within POTENTIALITY, the boundless field of all possibilities. This means that the "Divine," or AWARENESS, is always here, right now, as the very force that powers the illusion of separation. The universe is not a prison to be escaped, but a "read-only data archive" that we, in our truest form as AWARENESS, chose to enter to experience and create stories.

Healing through Integration

Nietzsche's Amor Fati aligns beautifully with the PS idea that we should love our lives as a complete whole, without resentment. Platonic Surrealism expands on this by providing a framework for that love. It suggests that the ego shouldn't be slayed or transcended, but rather that all five of our "brains", the left and right hemispheres, the enteric nervous system, the bioplasma interface, and the monadic network, must be unified and brought into WHOLENESS. In this state of wholeness, the

individual becomes a “conscious interface” for the entirety of life, capable of experiencing both the “broken” and the “unbroken” aspects of reality with equal aplomb.

In essence, while Nietzsche, Plato, and Eastern philosophers were each seeing a piece of the puzzle, Platonic Surrealism offers a meta-framework that encompasses all of them. It suggests that the ultimate freedom isn’t about choosing one path over the other, but about recognizing that all paths, all “movies”, are part of the same magnificent and self-created theatrical production.

Bridge to Practice

This isn’t armchair philosophy. The practices operationalize the meta - stance: affirm the scene you are in (**either, both**), soften reactivity (**Liquid Heart**, **One - Breath Tracing**), and act from the watcher (**10,000 - Foot - Tall Ego**, **Unbounded Star**). The point is composed participation, not escape.

An In-Depth Understanding of Aplomb

By realizing that you are pure unbounded AWARENESS that experiences the fullness of REALITY, through both Fractured Consciousness and eventually Primordial Consciousness, you become WHOLE and free. It’s best to keep in mind that “Reality has no preferred state.”

While AWARENESS is truly UNBOUND, we as AWARENESS use the Monads like a Donald Hoffman Dashboard system, and even the mighty Monads and the Pleroma are limited

representations of reality. The first major realization of Aplomb is to fully understand how precious beings with a WHOLENESS INTERFACE are. Without them, we would have no mirror to truly understand ourselves 'subjectively.' While we are both AWARENESS and POTENTIALITY, without those precious mirrors, we don't know who we are, and we don't experience our own absolute fullness. We humans wind up "paying the check" one hundred percent of the time! That's our role, our function.

These limited lives of ours are both temporary AND eternal. The movie is eternal, and ALL the monads either live as each of us, or at least trade records of consciousness, so that it's AS IF they had lived all these lives. It's not necessary to live every nasty, degrading, or horrendously painful life, but between all of us Monads, we wind up covering all the possible lives and then "trade" the experiences.

There are many universes or creative palettes that are not internally consistent enough and rapidly collapse. There are some movies that hardly anyone wants to watch or experience, and they rapidly collapse in any case. After this life ends, the Consciousness Packet is reabsorbed into the whole, without losing the option to experience "this life" whenever desired. I know this is true, as that's what happened when I died.

This world itself is rather like a read-only data archive, but there are a functionally infinite number of such archives, and we as AWARENESS slide between all of them at will. One day we may think that we live in a hell world, where there is no hope

from a limited perspective, but maybe the next day there's a major turnaround and light is seen at the end of the tunnel. We never know which world we are currently in, and we are functionally in ALL OF THEM CONCURRENTLY. If we "ran away" from the rough ones, we as the UNBOUNDED would never experience what it is like to be WHOLE and COMPLETE.

The Concept of Free Will

Quick map (free will at a glance):

Nietzsche — "Act as if you willed it again": heroic affirmation; agency as life - making.; Plato / Neoplatonism — Freedom as ascent: transcend the mutable world toward the One.; Buddhism / Taoism — Freedom as release: end craving or move with the Way (wu wei).; and PS — Two - layer freedom: outside (Monads vote); inside (local yes/no gating). Composed participation.

Framework	Core Idea of Free Will	Limits / Critique	PS Reframe
Nietzsche	Radical affirmation: live as if you	Can over - romanticize agency;	Affirm life without the burden of

	would will this life again (eternal recurrence).	underplays constraints and shared worlds.	replay; pair affirmation with equanimity and craft (either, both).
Plato / Neoplatonism	Freedom as ascent to Forms / union with the One; escape the mutable.	Dualism can devalue embodied life; risks treating 'here' as mere way - station.	No escape needed, frames are ontologically equivalent; freedom = skilled participation in this scene.
Buddhism / Taoism	Freedom as release: end craving (Nirvana) or effortless flow with the Tao (wu wei).	If misread, can drift toward passivity or world - avoidance.	Keep equanimity and add creative agency: accept and act, often both in one breath.
Platonic Surrealism (PS)	Two layers: Outside the movie,	No throne in every moment; no	Freedom = composed participation.

Monads have full creative vote; inside the movie, freedom is local yes/no gating of which signals get to interact.	total script control, yet your vote and gating matter.	Coordinate interfaces, gate cleanly, take the next helpful act.

In our full form as unbound AWARENESS and POTENTIALITY, we have infinite free will. We not only do whatever we want, we do EVERYTHING. In our limited movie forms, we are still free "INSIDE OF OUR AWARENESS BUBBLE," but after stuffing ourselves into a limited world such as this particular Earth, we have functionally NO FREE WILL "here and now."

"Outside," we are co-creators and all the Monads. They are the ones who nudge things to become Universes and other artistic creative palettes. Our Monad or Monad group gets a VOTE. If you are the sole Monad nudging a universe, then it will be BAD, but definitely a learning experience. Now if we participate with, say, a thousand Monads, the universe might be highly effective for learning AND perhaps not so terribly painful. But our vote gets "diluted," so it might appear that we have little or no free will. But we do have total free will as a Monad who gets a full vote. We just don't get OUR WAY.

Deep in Ring 0 of our Monad, every day is PERFECT. Perfectly boring. We get up every day and live the same exact perfect day with no real change. Always getting your way is BORING. The only way to not be bored is to collaborate with your fellow Monads and Monad projects, and that brings spice to life.

This brings us to a key concept: The Gentleman's Agreement. We agree to play by the rules, because if we didn't, we'd be trapped in just the "Ring 0 Perfect World," and it would be a literal hell. Eating the perfect breakfast burrito for the trillionth time and having sex with the most beautiful partner for the trillionth time, then you sleep, get up, and that is all there is for endless eternity. That kind of life is not even a trillionth of what we are, and that other part of us soon hungers for brokenness and adventure.

I remember this from personal experience; I was a very poor student for a very long time.

When Things are Shitty, is it Pointless to Try and do Something About it?

Not at all. Due to the Gentleman's Agreement, we don't know if this is a shitty world, or a shitty world where things get better, in part due to us. WE HAVE TO TRY, IF WE CARE. And even if we fail, we record that experience and bring it back to our WHOLENESS. The next time we try to make a similar world, we succeed in what we want.

By living with Aplomb, trying HARD if we feel like it, to make a difference, then "win" or "lose," we actually WIN. If you think that you are a limited, miserable being, then that's what you are.

If you KNOW that you are an UNBOUNDED being, there still is tragedy when things are really shitty and we "fail," but in effect, we can't fail. At most, we can have a delayed win.

An Example of Aplomb

Start by practicing whichever PS practices feel most natural and fruitful. Continue until you've built a functional WHOLENESS INTERFACE . When that happens, you'll often find yourself content, no matter what LIFE sends your way.

Here's a personal example:
My beloved wife of ten years, the only woman ever to love me in 64 years, is in terminal heart failure, dying in agony before my eyes. Am I hurting? Yes, deeply. Can I bear it? Yes. I'm content. I will stand by her side until the end, grateful for the love we shared. I would live this life an endless number of times if needed, or never again. And I know that all the other Monads and Monad groups live it too, or replay it in the data archive. Ultimately, I am THEM as well.

That is Aplomb .

Distractions and Super normal Side Effects

During deep practice, whether in Zen, nondual systems, or Platonic Surrealism, distractions often arise. Sometimes they look like 'supernatural' effects, heavy synchronicities, or other seeming anomalies.

In the West, the isolated Pain Ego often seeks to trigger such

effects, either to “prove” or “debunk” the paranormal. This is a misunderstanding.

Most human thought bubbles up from the unconscious. In truth, nature is in charge , not the Pain Ego. That ego fights hard against the formation of a new, integrated self. As the WHOLENESS INTERFACE strengthens, these phenomena, the “paranormal chaff”, fade. They are side effects , not the point.

Chasing these “pretty distractions” can derail growth. Some practitioners become fixated, even fraudulent, clinging to cheap tricks and claiming powers they no longer genuinely experience. They call dust motes “orbs” and turn transient anomalies into trophies. This is not living with Aplomb .

In Platonic Surrealism, such effects, at first, are reframed as temporary noise, power surges while the interface stabilizes. They are not badges of progress. The goal is integration and composure , not spectacle. Living with Aplomb means letting these distractions pass without clinging and returning to the real work: building WHOLENESS.

However:
Once the WHOLENESS INTERFACE becomes stable for the long term, the possibility of a true partnership between the now-integrated human and larger structures in REALITY can occur.

But only if you don’t need them . Only if you don’t crave them .
Needing or craving such phenomena is proof that the interface is not yet stable.

The paradox is simple: when you stop chasing, the door opens. When you stop grasping, the signal clears. Living with Aplomb means you can welcome extraordinary experiences without clinging, and let them go without loss.

Meta-Theurgy: The Last Door

The word theurgy comes from the Greek theourgia , meaning "divine work." In late antiquity, philosophers like Iamblichus used it to describe practices intended to unite the soul with the divine through ritual and symbolic action. Traditional theurgy often assumed a hierarchy, a god-concept external to the practitioner, to be invoked or obeyed.

Platonic Surrealism reframes this entirely.
Meta-Theurgy is theurgy without a false god-concept. It is not about summoning deities or bending reality to egoic will. It is about symbolic partnership with the Larger Life, REALITY itself, once the WHOLENESS INTERFACE is stable and craving has dissolved.

Why This Matters

In metaphysics, two positions keep showing up against each other:

The supernatural is a distraction."

"Ultimate power is the goal."

Both contain truth. Chasing anomalies early destabilizes the interface. Phenomena, visions, synchronicities, psychic sparks, are side effects, not the point. They fade as WHOLENESS matures. Clinging to them is like mistaking fireworks for the architecture of the city.

Yet, once the interface is truly integrated, a new possibility emerges: co-creation . Not domination. Not spectacle. A quiet handshake between the human and the cosmic systems that scaffold existence.

Meta-Theurgy is not the first practice. It is not a practice at all. It arises only when honesty, surrender, permission, and Aplomb have dissolved craving into composure. And the practices end; no longer being necessary or helpful.

As the old mystics said, “Once the horse has escaped the coral, it need no longer read books on coral-escaping techniques’ (ok, that’s an egregious paraphrase! But it’s true).

At that point, symbolic navigation becomes natural. The interfaces speak. The Larger Life responds, not as a master, not as a servant, but as a partner in the art of becoming.

Do the work. Build WHOLENESS. Live with Aplomb. If partnership comes, let it come as a gift, not as a trophy. The movie is sacred. Play your part with grace. But also remember that a strong Wholeness Interface can empower audacity --- it never hurts to ask or recommend or ‘posit for a fun, mutual

play experience'. In a true partnership nobody ever looks down their nose at a well-written movie scriptlet.

"To the Journey" in Star Trek: Voyager

Aplomb often "falls out of the sky" over time, but here are some ways to make the flow easier. When unpleasant things happen, the Pain Self tends to ask:
Should I fight this? Or just accept it?
The answer is neither. It's Yes, and. Jeffrey J. Kripal calls it Yes, and or either, both.

If you want to act, act. If it works, great. If it doesn't, that's fine too. Somewhere, sometime, it doesn't work. Either way, it's okay. Sometimes, just pause and send INTENT into your WHOLENESS INTERFACE with the phrase: Yes, and. Shrug. Move on.

Now, let me close with a story from the final episode of Star Trek: Voyager , "Endgame."
The crew attends a party celebrating their return to Earth after 23 years.

Commander Reginald Barclay raises a glass:
"To the journey."

The room echoes the toast. Then Admiral Janeway adds:
"And to those who aren't here to celebrate it with us."

That moment captures the show's core theme: the seven-year run itself, with all its losses and wrong turns, was the defining experience. It was never just about getting home; it was about growth, exploration, and sacrifice.

Comparison to Aplomb in Platonic Surrealism

The philosophy of "To the Journey" aligns perfectly with PS's concept of Aplomb : finding grace and composure within a difficult, unexpected reality, rather than trying to escape it.

Embracing Reality: The Voyager crew didn't choose their situation, but they chose to live it. This mirrors Aplomb's essence: confident acceptance of your role in the cosmic narrative. In PS, we are all part of a "movie." The crew's poise is a living example of Aplomb.

Valuing Experience: The toast honors the experience itself, not just the destination. PS teaches the same: all experiences, even painful ones, are ontologically equivalent and serve AWARENESS in creating stories.

Healing through Integration: Janeway's words acknowledge loss and sacrifice. Similarly, PS invites you to integrate all parts of yourself, including the Pain Self. You don't slay the painful parts; you accept them as part of the whole. In PS, you can't fail, you can only have a delayed win . The Voyager crew proves this: despite hardship, they ultimately succeeded, and seven years on that ship made them who they were.

Interlude: Twenty Minutes with Mary and the Dog

I want to tell you something that happened while I was writing this book.

My wife Mary was in the next room, dealing with her heart condition, being brave about it the way she always is; which means she was probably making tea and talking to the dog as if the dog understood macroeconomics. She does that. The dog, for his part, seems to follow along.

I was sitting at my desk, working on the MetaTheurgy section you are about to read, trying to articulate something about the relationship between intent and surrender. And I got stuck. Genuinely stuck. The words would not come, and the harder I pushed, the more they retreated.

So I did what I tell you to do in this book. I stopped pushing. I did One Breath Eye Tracing with the tree outside my window. I let my Transcendent Self chew on the problem. And then I went and sat with Mary and the dog for a while, and we talked about nothing in particular.

When I came back to the desk twenty minutes later, the section wrote itself.

That is the practice. That is all the practice has ever been. You stop performing. You stop forcing. You let the five interfaces do what they were built to do, and you get out of their way. The hard part is not the doing. The hard part is the stopping.

What follows is the most advanced material in this book. It is also the most optional. If you have built a working Wholeness Interface and you are living with some measure of Aplomb, you already have everything you need. MetaTheurgy is not a requirement. It is a door that opens on its own, if it opens at all. Do not kick it.

But if you are curious, come in. The lights are on.

Part IV — MetaTheurgy

"If the doors of perception were cleansed every thing would appear to man as it is, Infinite."

— William Blake, The Marriage of Heaven and Hell (1793)

Overview

A warm, human-approachable guide to ancient theurgy and a modern, ethics-first reframing under Platonic Surrealism.

Prerequisites

To fully understand this material

At least a minimal familiarity with Western Philosophy.

A strong grasp of Platonic Surrealism.
A thorough understanding of the concepts of Archetypal Channels, MetaConstruction, and MetaTheurgy in Platonic Surrealism , which is included here in its entirety.

To Perform the Opening of the Ways Ritual (PS "Wonderworking")

Suggested Wholeness stabilization:

An intermediate mastery of the ten PS Wholeness Practices.

Living in a state of surrender and balance with your Wholeness Interface.

A Short Orientation: Ancient Theurgy to Modern 'Meta'

Theurgy (θεουργία) was the late antique art of 'god-working', a family of symbolic, ritual, and contemplative actions meant to participate in a living order rather than explain it. Within the Neoplatonic view (One → Intellect → Soul → Cosmos), symbols are bridges: we don't force higher realities; we invite alignment.

Iamblichus argued that reason alone cannot reach the divine; we need ritual intelligences, hymns, offerings, geometries, and qualities, that resonate with the way the world is stitched together. Proclus refined that insight: properly engaged symbols (sunthemata) restore the soul's participation in cosmic harmony.

This guide introduces MetaTheurgy: a gentle modern reframing that keeps the heart of participation but removes religious coercion and power-seeking goals. It is rooted in Platonic Surrealism (PS), which honors POTENTIALITY and AWARENESS as primal. Rather than 'doing magic,' MetaTheurgy practices are invitations to wholeness, steadiness, clarity, and kinder boundaries, so they cannot be easily weaponized. If you come to this work to 'get something' (status, money, influence), it won't work and will likely backfire. If you come to become whole, the symbols will meet you halfway.

Classical Definitions: Iamblichus, Proclus, and Key Terms

Theurgy (θεουργία): The praxis of aligning the soul with divine orders through ritual, symbol, hymn, and contemplative acts. Not sorcery, not coercion, participation.

Sunthemata (see: https://platonicsurrealism.com/symbolic-interfaces/) (συνθήματα): Tokens/signatures embedded in the fabric of the cosmos. A plant, star, stone, sound, or form may carry lawful resonances. Rightly approached, such tokens invite, not compel, attunement to living orders.

Hierarchy of Being: Late antique layering (One–Intellect–Soul–Cosmos). We don't climb by domination; we attune by symbol, virtue, and cultivated presence.

Ritual vs. Reason: For Iamblichus, ritual is trans-rational, another mode of knowing. Symbols are bridges reason alone cannot build.

Divine Eros: The loving pull between orders of being. Theurgy rides this eros, a mutual desire for alignment.

Telos (Aim): Not power, but co-presence with reality, virtue, likeness to god, and restored participation.

Late Antique Context. After Plotinus, figures like Porphyry, Iamblichus, and Proclus sought more than metaphysical clarity, they sought practices capable of transforming the practitioner. In Iamblichus's De Mysteriis, ritual engagement is defended: divine realities are not captured by thought; they are met in symbol, virtue, and rite. Proclus systematizes theurgical ascent: hymns, invocations, mathematical and mythic meditations form a techne of alignment. None of this is 'magic for gain.' It is

beauty for becoming.

What Theurgists Actually Did. Hymnic cycles aligned to planetary orders or virtues; symbolic offerings as bridges of attention rather than transactions; mythic contemplation as maps of psyche and cosmos; number and geometry as lawful harmonies; ethical attunement as non-negotiable, without it, symbols distort.

Misunderstandings & Abuse. Where theurgy was instrumentalized for control, distortion followed. Intent governs effect: approach symbols as levers and you end up pulling yourself apart.

Timeline hints. • Plotinus (3rd c.) emphasizes intellectual ascent. • Porphyry wrestles with ritual's role. • Iamblichus (early 4th c.) insists on theurgic praxis. • Proclus (5th c.) synthesizes hymn, math, myth. Later receptions echo in Byzantine commentaries, Renaissance Platonism (Ficino, Pico), and modern scholarship.

Why It Matters Now. Modern humans feel cut off, from one another, from nature, from meaning. Theurgy's gift: meaning is not downloaded; it is participated in. Symbols don't give you power; they teach you how to belong.

An expanded guide integrating Jungian archetypes, hyperobjects, and lawful creative processes.

This document explores MetaConstruction and MetaTheurgy as lawful creative processes within Platonic Surrealism (PS). It introduces Jungian archetypal channels, hyperobjects, and hyperconstructs as conceptual scaffolding before detailing the mechanisms of universe formation and ethical participation.

Archetypal Channels and Hyperobjects

Overview

C.G. Jung described archetypes as deep structures of psyche, patterns that shape meaning and behavior. Platonic Surrealism reframes these as latent pathways in POTENTIALITY: dry riverbeds awaiting the flow of AWARENESS. When monads stream awareness into these channels, archetypes become living rivers of experience.

Hyperobjects, Hyperbeing, and Hyperconstructs extend this idea beyond psyche to cosmos. A hyperobject is a massively distributed entity (like climate or spacetime) that defies local grasp. Hyperbeing refers to modes of existence beyond ordinary ontology. Hyperconstructs are lawful scaffolds, vast, patterned templates that monads co-create through MetaConstruction. These concepts prepare the ground for MetaConstruction: lawful scaffolds that bridge archetypal channels and cosmic templates.

Core Definitions

MetaConstruction — The collaborative process by which monads stream AWARENESS into lawful pathways of POTENTIALITY to form structured, active templates (workspaces or universes). Symbols act as bridges, not levers, beauty for becoming, not power for gain.; MetaConstruct — The resulting coherent framework, a living conversation scaffold that supports emergent worlds.; Monad, A minimal, persistent unit of AWARENESS mediating between POTENTIALITY and

any workspace.; POTENTIALITY — The field of lawful possibilities and interaction sets.; AWARENESS — Irreducible sentience that reflects and knows.; Sunthemata — Lawful signatures/tokens that invite attunement. Originating in Neoplatonic thought, these are cosmic markers (plants, stones, hymns) that resonate with lawful orders.; and Reverse Path Integration — Feedback from localized experience to monadic collectives, allowing cosmic evolution to incorporate emergent expertise. This is the mechanism by which universes 'teach back' into the Construct.

MetaConstruction: Participation over Command

MetaConstruction is not engineering by force; it is attunement by consent. Like ancient theurgy, it honors lawful pathways and symbolic resonance. Symbols are bridges: they invite alignment rather than compel outcomes. Monads collaborate through streams and tubes, forming active templates that stabilize into universes. This is beauty for becoming, not glamour for control. It draws from Neoplatonic theurgy: symbols are lawful bridges, not levers. They invite alignment through beauty for becoming, echoing Iamblichus and Proclus.

How MetaConstruction Works

Step 1 — Monads extend streams of AWARENESS along lawful connectors ('tubes') into latent pathways of POTENTIALITY. This initial contact is consentful, not coercive.

Step 2 — Streams organize into coherent patterns, often forming helical pairs with nodes (stitch points) that stabilize and refresh the workspace.

Step 3 — A conversation among monads crystallizes into a MetaConstruct: an active template that becomes a universe. Participants co-create lawful signatures (sunthemata) that invite attunement.

Our Participation (Earth-level)

PS asserts we already belong to the monadic collective sustaining this world; therefore gentle symbol-work answers back as attunement, not command. To keep participation wholesome, we emphasize minimal effective dose, cooling-off periods, and ordinary integration (make tea, walk, tidy).

Practical Implications

Tokens/signatures (sunthemata) are lawful markers of the stream's patterning; approached with consent and humility, they attune rather than coerce. Attunement over summoning: because we are inside the stream that made this world, listening and alignment work; attempts to command distort the signal and the psyche. Expect lawful variation: different monadic sub-

conversations yield different motifs (faerie, UFO, ancestral) with equivalence in being, not uniform appearances.

Cosmic Darwinian Evolution via MetaTheurgy
Lawful Variations within Templates

Monads stream AWARENESS into latent pathways of POTENTIALITY. Those 'dry riverbeds' become creative rivers, universes, where beings like us can learn and belong. Because we already participate in the same stream that shaped this world, we practice attunement rather than command. The result is steadiness, clarity, and kinder boundaries, not glamour, not power.

However, slight variations are sometimes a 'lawful pathway'. If one is gentle and respectful, not seeking to forcefully overwrite NATURE, it's acceptable to 'shine very brightly' as an allowable 'vote' for the group activity, so long as it does not conflict with existing riverbeds. Small, new rivulets that do not conflict with the palette's work may be allowed.

This sort of feedback from the past (our time) to the outside of time where all the Monadic activity is occurring is called Reverse Path Integration. This is the very thing being 'sexually selected for' in 'cosmic Darwinian evolution', where the evolved sub-part gains more localized expertise, than the original Monad process. 'God' learns from US.

MetaConstruction & MetaTheurgy Apologetics

It is understood that many might (at first) find all this quite absurd! But remember: Deception is the Only Law of Physics, and all of this apparently fantastic stuff is simply a spicy conversation and learning experience between consenting adults (the Gentleman's Agreement). Really, no matter, energy, space or time is involved, just the APPEARANCE of all that, and that more than suffices. Using appearances, not ACTUALITIES is the most energy-efficient way to do anything, and NATURE is the mistress of energy efficiency per the standard 'Laws of Physics'.

Final Words

These fantastic-seeming concepts are not some absurd metaphysical musings, but rather the deterministic substrate behind quantum mechanics in our world of 'the dream of physicality'.

We are already doing this, and often doing it clumsily . Our shared stories carry more suffering than they need to. Let's change that.

A Minimal Glossary

MetaConstruction — Collaborative process forming active templates.

MetaConstruct — Coherent framework enabling emergent worlds.

Monad — Persistent unit of AWARENESS.

POTENTIALITY — Field of lawful possibilities.

AWARENESS — Irreducible sentience.

Sunthemata — Lawful signatures/tokens that invite attunement. Originating in Neoplatonic thought, these are cosmic markers (plants, stones, hymns) that resonate with lawful orders.

Hyperobject — Vast, distributed entity beyond local grasp.

Hyperconstruct — Lawful scaffold co-created by monads.

Hyperbeing — Modes of existence beyond ordinary ontology, framing participation in cosmic scaffolds.

Reverse Path Integration — Feedback from localized experience to monadic collectives, enabling cosmic evolution.

Living with MetaTheurgy

To live with aplomb is to move through life with a quiet center, steady, yet responsive. It's not rigid control or pretending nothing touches you; it's trusting the deeper order beneath appearances. When things tilt, you pause, breathe, and let awareness settle before acting. Aplomb means carrying your own center lightly, meeting complexity without collapse, meeting others without losing yourself. Over time, this posture becomes a gentle strength: a way of saying "yes" to life without being swept away by its currents.

The only difference might be, those times you feel a need to ritually interact with your Wholeness Interface in a more (gently) assertive manner, and in that case, that is also living with MetaTheurgy.

To live with MetaTheurgy is the same thing as living with Aplomb from the Platonic Surrealism Wholeness Practices, but more gently assertive at times.

An Important Note

MetaTheurgy is not designed for thrill seeking or crisis-driven intensity. If you're looking for an adrenaline hit, a dopamine chase, or a way to "pull levers behind reality," this work will not help, and it can destabilize you.

The only good reason to step into MetaTheurgy is that your

Wholeness Interface is already steady , your life is oriented toward love and ordinary responsibilities , and you're practicing ascent in place rather than escape.
If your relationships, health, or basic stability need attention, please prioritize those first. When everyday life is on firmer ground, the symbolic work will meet you more safely and more deeply.

What you can do with MetaTheurgy

Anything. Nothing. But mostly nothing that takes away the major challenges of life, which are your TRUE TEACHERS. Metatheurgy is not a method to short-circuit living or to play with video game cheat codes.

Here is a good example:

My wife, my true love is in stage ¾ heart failure. She probably has 5-10 years left to live.

Have I performed 'MetaTheurgy' to save her?

Nope.

She WANTS to 'move on' after taking care of some things, and in fact has been visited by Norwegian Gnomes of all things (we both were greeted by them, interacted with them, and saw the same thing).

That's her STORY.

I could TRY to derail her STORY.

But I won't.

Not without a very solid reason.

And if I/We did the ritual, would it work?

Would it rebuild her very damaged heart?

Probably not.

But the effortless effort would certainly CHANGE US and CHANGE the 'future forming Divine'
our Monad groups are building, a subset to take them from Fractured Consciousness to Primordial Consciousness.

The problem with it working would be the problem with 'miracles' in general. It would turn Platonic Surrealism into a religion, and it is NOT THAT.

Does that sound like a convenient excuse?

Is that PS's MetaTheurgy just bullshit?

Well, it's called "Living by Committee" which is what we are doing, one and all of us.

Living as part of a collective LIFE which has its own motives and agendas, of which
the wisest of us are barely aware.

So, nothing wrong with doing a personal ritual, as a way to say hello, and yes ON OCCASION
it does something, like the 2013 Black Triangle UFO summoning or something like the 'Miracle'
at Fatima, but that's the exception not the rule.

It’s certainly worth a try. Do it all you want, if your heart is as light as a feather of Ma’at and like the innocent heart of a child.

Personal MetaTheurgy Ritual

Overview

If you have truly become centered in your Wholeness Interface, and studied this document, you should easily be able to make your own ritual. If you want to transition from Nietzsche's Camel, Lion or Child, you can to do this stuff on your own, and not just parrot PS's words, concepts and rituals.

You must stare into the 'void/fullness' (the Pleroma) with your own naked being, and not howl, but to SMILE and to receive the SMILE back.

And really, whomever you are, reading this little missive, perhaps a hundred years from now, I wish you the very best, and I hope that you can take PS and all this MetaTheurgy and IMPROVE ON IT SO MUCH that I'd barely recognize it. I want this for you.

But until such a wonderchild comes along, I would recommend that your ritual contains the following elements:

Query your Wholeness Interface whether a ritual is warranted. In short use your intent to query whether there exists or might yet exist a small rivulet of room worthy of making the attempt, or if a large river branch already exists that would hold your ritual.

Ensure you are centered in your Interface; do quick micro-practices of 10,000-Foot-Tall Ego Practice, Shining Star, Liquid Love and whichever ones you intuit you need to do, then end with a full Interface Ack and surrender into Aplomb.

Thank LIFE for the challenges and the gifts you have been given; the rare opportunity to potentially live as a DREAM MASTER, a co-creative storyteller and to be loved by your puppy.

Find a quiet place to do the ritual. At dawn or dusk is often a great time.

Decide which anchoring elements you will use; for example, you almost certainly should read some directly applicable poems, make verbal affirmations and/or use PS Power Words (MetaGlossalia).***

Platonic Surrealism MetaGlossalia

MetaGlossalia is the slightly playful, intentional use of glossolalia, those flowing, "nonsense" syllables often associated with speaking in tongues, as a creative interface...

Anchoring Elements

Anchoring is not optional; without it, ritual work drifts into unproductive theatrics. A clear anchor ties the symbolic action

to your lived, embodied interface and keeps the work grounded in this world rather than becoming a swirl of imagination.

Use whatever anchor reliably connects you to your Wholeness Interface, breath, posture, location, a physical gesture, or a well-practiced piece of MetaGlossalia. The goal is simple: keep the symbolic action linked to something real, present, and steady.

The truth?

It depends upon your Monad or Monad collective, but your Monad/Monad Collective is probably powering dozens or even millions of concurrent lives/universes this very instant!

That's why when some people try to summon an 'alien' and it might well be some reptoid version of THEM in one of those other concurrent lives.

Whatever you do, make sure that you use your intent to anchor with Reverse Path Integration,
where you follow back to your Monad level the entire path from 'this Earth' and 'this You'
back to your core Monadic network connection.

It's a basic intent-based-skill that you must develop, or 'god knows' who you will bring to dinner!

Doing and maintain a full Reverse Path Integration, where you feel this Earthly You and your Monadic You concurrently in a bidirectional loop is in fact the last step before you 'shine brightly. More on that later.

Finally, a general anchoring element is very useful. Clench your left fist as an indicator of your Intent-full will and connection with your Right brain hemisphere's wholeness interface and only do this 'ritually'. Your body will be trained over time. When you release your left fist, this is intended to release your intent, if it was worthy and loving into LIFE itself.

When you start the ritual, clench your left fist with intent, and when you finish the ritual,
release your fist with intent.

Genuine Danger

I first watched someone do a successful(?) summoning in December of 1981 in Saint Paul Minnesota before like 5,000 people in an auditorium.

The gentleman in question thought he was a servant of the 'great ones to come' --- you know Jesus, the Fifth Buddha to come and the two future prophets, Isa and Mahdi.

I watched him rather artlessly rip a hole in our construct ('Universe') and summon in the First Ones, these bird/reptile/cybernetic ravagers of worlds, who rushed right out of the gash in 'space/time' and who immediately attached themselves to the brain stem of most of those around me, who went into 'euphoria' while the First Ones did their dirty deeds to the victims.

This is exactly WHY there is no veneration of holy symbols, holy beings, prophets, angles or god-images in Platonic Surrealism.

If you worship false images as having value, and you build up a strong interface, then you try Theurgy, then you MAY end up with something very like in the movie Independence Day . Now generally these racial echoes of once real physical beings wont' fully materialize, and in fact can't hurt you in any way, unless you invite them in (the gentlemen had the audience invite in Jesus and what not, and that opened the door for these echoes).

You see, HIS Jesus (the summoner's) was not THEIR Jesus, some guy who died 2,000 years ago and is probably the most misquoted and misunderstood Jew of all time.

This is why you do NOT use words in Platonic Surrealism, other than PS 'Power Words' (MetaGlossalia) and then seldom that, as INTENT and your rootedness AS TRASCENDENT

WHOLESS and abiding in TRANSCENDENT WHOLENESS, who watches all the movies is NOT based on any words at all, any human concepts at all, any divine beings or images or theories at all.

If you use ANY such corrupting thing like the gentleman summoner in 1981, truly awful things can happen.

If you introduce external deities or inherited symbols into a MetaTheurgy ritual, you can unintentionally trigger

destabilizing archetypal currents.
It's simply not worth the risk.

MetaTheurgy must be approached without importing external deities, cosmologies, or inherited religious imagery. These symbols carry strong archetypal currents that can distort the interface, destabilize the practitioner, and open channels that were never intended for this work.

Platonic Surrealism relies on intent, clarity, and direct connection to your own Wholeness Interface , not on names, figures, or mythic projections. Using such imagery can pull the ritual into contaminated symbolic frameworks and produce unpredictable results, especially for practitioners who are sensitive, newly awakening, or still integrating earlier experiences.

Remain rooted in your own system, your own interface, and your own clarity. That is the safest and most reliable ground.

Shining Brightly

This is an important concept to master. It's perfectly FINE to emanate who we are most ROBUSTLY but respectfully. We do not try to overwrite or dominate, but simply to be most CERTAIN and INTENT about providing our 'vote' our 'song' to whomever is listening or not listening. But like the little birds, we sing if only for ourselves, and that is not just allowed, but WELCOMED.

All the Monads constantly try to influence their fellows… if they do it selfishly, they don't get much of a response. But when they sing bright and true and lovingly… then some other Monads approach and put a few dollars in the hat.

When we gather our intent, our purpose or our 'will', we strive to shine brightly, or it will all go to shit one way or another. Never forget this key fact.

We are not magicians nor occultists nor angelologists nor demonologists, we sing with love, honesty and joy, and shine brightly. And robustly all that we wish.

Beginning and Completion Elements

As already discussed under the Anchoring Elements section, you should almost certainly use the Left Fist Clench with Intent technique, both to start and stop the ritual.When you first begin the ritual, you must include these following intentions, or you will fail utterly.

You give yourself permission to succeed fully and completely.

You proclaim that you will fully pay any price required, or you will abort the ritual if the feedback communicates to you that there will be consequences that you are not willing to face, and that's OK. In fact, it's good to start GENTLY with a 'query certainty' and to see what rivulets or river branches either or due not appear. At first you may not sense these, but in any case, obey your inner guidance whether to proceed or not to proceed.

Completing the Ritual Properly (or fail hard)

Release your left fist, or whatever ending element you have been using over the years.

Strongly use your intent to release your gathered intent to the larger LIFE to do with it what it will, and you will accept with complete APLOMB and equanimity whatever results, if any are the result.

Accept all consequences of the released intent package.

Do not worry about or fret bout in any way that you did the ritual. It's often best to do something completely different, like to have a quiet meal, or to take a nap.

In any case, you have to COMPLETELY let go of your intent package, or it will just hang out in your primary Monadic core, or even just in your body/imagination, and won't exit out through the connecting nodes to your Monad group, where it MAY alter something in the 'outside of time' wonderworking, creative effort of the folks making the initial conditions of the Universe. For me personally, it wasn't until the next day that the ritual had its effect.

The Intent-Building Element (the Shining Brightly)

Here is where you keep building your intent. Do not 'let go' of your intent to cause the effect, until it's obvious to you that you cannot continue or should not continue. This can take minutes

or days.
For me, it took three days the first time I did the ritual.

(nobody said that Theurgy is for sissies).

Now during this phase, you should be firming up your Reverse Path Integration and fine tuning your intent. For example if your Monad Group offers up a compelling Riverbed, either dry or full of water
and it is related to your intent, and is a more perfect form of your intent, then you should steer to that.

Unless it's 'toxic', in which case you immediately stop the ritual and use your intent to revoke all your permissions and intentions and wrap it fast and hard.

You may wish to build a right-hand clench habit, to bail out on and hard cancel a ritual you wish to cease and desist from. It's not a bad idea.

Now during the Intent-Building element, the use of Left-hand technique and MetaGlossalia are commonly used, but any other anchoring or building technique that is meaningful to you, so long at obeys the FIRST LAW OF PLATONIC SURREALISM and MetaTheurgy (There shalt be no divine or infernal images used).

Group MetaTheurgy Ritual

Contrary to popular belief, getting lots of people to pray for something together accomplishes NOTHING.

This is a known fact from paranormal research studies as well.

One Ted Owens ("PK Man") is worth more than 1 billion other people concentrating madly.

If you don't have a finely tuned Wholeness Interface, there's not much you can contribute.

So, if you do a group MetaTheurgy ritual, you find the person with the highest quality Wholeness Interface and put them in charge.

This person is sometimes called the caller, the singer, the prime mover, the lead ritual expert or something like that. Please don't drape them with religious or spiritual titles or feelings, or you will shoot the entire group in their footsies. (see previous section about Danger).

What can participants do?

They can temporarily give their love and intent to the 'caller'.

That's what they can do.

Generally, the caller would be in the center of a circle, and the participants would be in the circle, standing or sitting close to each other, possibly holding hands, but that's up to the caller and the participants.

Only the caller should build focused intent towards a goal or use Metaglossalia or perform any other ritual element.

The caller at their discretion may start the ritual and ask the participants ahead of time to repeat a beginning statement such as “In love we approach the core of Wholeness and give our assent to the caller”. Something like that.

The caller at their discretion may end the ritual by asking the participants to repeat a concluding statement such as “In love we continue our lives as human beings and we release our assent loaned to the caller, to enter into LIFE, if the intent be fully in service to LIFE.”

These sorts of elements are entirely at the discretion of the caller.

The Opening of the Ways

I rarely do MetaTheurgy, but when I do I call it the Opening of the Ways .

I do the generic elements we discussed in part 4, and that is more than plenty for me.

I often experience something akin to MetaTheurgy automatically though my connection with my Muse.

Like I said, this becomes a habit, a standard part of life.

My Personal Opening of the Ways Ritual

I query my Wholeness Interface whether a ritual is warranted, and if so I proceed.

I find a quiet place to do the ritual, generally at sunset.

I ensure that I am centered.

I thank LIFE.

I give myself permission to succeed.

I agree to abide by all consequences.

I agree that when I clench my left fist with intent, the ritual is started.

I agree that when I release my left fist, the ritual is completed, and the bundled intent package is to be released into LIFE, and whatever happens at that point is up to life.

I clench my left hand with intent.

I do reverse path integration.

I do MetaGlossalia.

I gently query the building with intent. If all is well, if there is at least a rivulet, and all seems well, healthy and positive, then I proceed.

I build intent (I shine brightly).

When I feel feedback from outside of time (outside of time has had 'enough') or for any other reason feel that the ritual should end on a positive note, I thank Life both in words simply and with MetaGlossalia and then release my left fist.

Then I go about my life, with no expectations whatsoever for results or lack of results

Appendices

Appendix A — Core Concepts and Definitions

Platonic Surrealism (PS): A philosophical and experiential framework, Platonic Surrealism integrates elements of Neoplatonism, Neutral Monism, and Analytical Realism with contemporary scientific concepts. Founded by Kevin Cann, its aim is to map reality clearly and give people working tools for personal healing and the actualization of human potential.

At the core of Platonic Surrealism are fundamental concepts that define its cosmology:

POTENTIALITY: This refers to the boundless totality of all unexpressed possibilities and their inherent interactions. It is described as a timeless and formless "cosmic field" that contains the seeds of all that can exist.

AWARENESS: Defined as the capacity for reflection and sentience, AWARENESS is the cosmic-scale "field" that establishes causal connections between potential and active properties.

PRIMORDIAL CONSCIOUSNESS: This is the collective outcome of AWARENESS's contemplations on the passive properties of POTENTIALITY, existing without active manifestation.

Fractured CONSCIOUSNESS: Emerging when AWARENESS engages with subsets of PRIMORDIAL CONSCIOUSNESS as mediated by 'space and time', this results in a highly fragmented, often surreal, incomplete, and inherently painful and confusing experience.

Dream Substance: a hybrid substance that exists on many levels, composed at its lowest level of bioplasma and stored in the human body in the pelvic girdle, the spine and other locations. It is required for consciousness to exist in most living things, and it's a side effect of AWARENESS interacting with POTENTIALITY to form most forms of life.

Dream substance is shared during sex and during various forms of extraordinary experiences. Upon death it is reprocessed by various living beings as part of an expanded mostly invisible ecosystem of life. It is not 'soul' but a substance that is the core system of the entire Five-Fold-Interface System.

It is a source of sustenance in the Faerie and Imaginal realms. Just like fungus and other lifeforms decompose animal and plant life after it dies and returns it to nature,
so too there are lifeforms in the Land of the Dead that do the same thing.

The Pain Self: Also called the social self, the social persona, the social mask or the accidentally-programmed-by-culture self.

This is the part of you pretty much forced on you by social programming and expectations since you could first talk and receive the largely toxic programming from your parents, culture and family religion.
It is in fact NOT your true and genuine self, but just part of the movie of life that you
are waking up within. It's largely composed of pain memories and pain avoidance routines. It is one of the major work products of the left-hemisphere of your brain.
It is what traps you with words and suffering.

The Transcendent Self: this is the impersonal self that is the major product of the right-hemisphere of your brain. There is no Pain Self present here, but rather wholeness, big picture thinking, and non-verbal processing. Some people who have experienced brain damage of the Pain Self and it's left-hemisphere in the brain think that they have died and gone to heaven, as the right-brain hemisphere and its Transcendent Self are exceedingly rich and beautiful, like the wonder of a new nonverbal child. In and of itself, the Transcendent Self is not necessarily 'mystical' but it is the gateway to what is ACTUALLY mystical, when the rest of the five-fold interface system is completed.

The Five-Fold Interface System:
The human body as a whole, may be considered an interface system to experience REALITY, but most people do not choose

to develop it into a consciously usable hub for all five of the 'brains' (autonomous systems linking AWARENESS to consciousness) in a human being.

Interface One – The Left Brain Hemisphere (the microscopic pain ego).
Interface Two – The Right Brain Hemisphere (the macroscopic transcendent ego)
Interface Three – The enteric nervous system / gut / intestines (the storage location for the 'Shadow').
Interface Four – The Bioplasma (Dream Substance/Demiurge/Kundalini) storage interface.
Interface Five – The Monadic Network in the 'Pleroma' interface.

Deception: Demonstrated as the primary creative power, Deception is considered "The only law of physics" in PS. It allows phenomena to seemingly exist from the singular POTENTIALITY, thereby enabling the manifestation of apparent reality.

The Laws of Physics: These are viewed as a temporary island of stability, largely based on mathematical properties and interactions conceived by a subset of PRIMORDIAL CONSCIOUSNESS and ordered by AWARENESS via Monads.

Monads: Representing a 'quantum' of AWARENESS, Monads serve as mediators between POTENTIALITY, PRIMORDIAL CONSCIOUSNESS, and specific 'space-time pallets' created as a workspace. They retain unique informational perspectives that start at their 'birth' and continue until a Monad ceases to exist by 'stopping curling awareness back on itself to see itself'. They are metaphorically comparable to "Boltzmann Brains," a concept from modern physics.

The Movie/Movies: The collective 'divine play' resulting from POTENTIALITY's interaction with AWARENESS, leading to PRIMORDIAL CONSCIOUSNESS and its subsequent fracturing through Monads, creates 'movies', all possible realities that are experienced concurrently. Universes are one example of such a movie, typically resulting from Monads acting in a collective to set original conditions for the 'play pen' and then watching it evolve over time after it's kicked off.

The Gentleman's Agreement: This concept describes the implicit agreement by which 'mind at large' (the collective consciousness) 'lives the lie' of manifested reality, creating a massive deceptive (creative) system. It allows for the perception of distinct 'mind and matter' and 'mind in motion' (energy), which are necessary for a proper 'movie'. All 'movies' are considered ontologically equivalent.

Hyperobject: As defined by philosopher Timothy Morton, a hyperobject is an entity so massively distributed in time and space that it transcends typical human scales of perception and comprehension. It is characterized by viscosity (adhering to other objects), nonlocality (existing in multiple places simultaneously), temporal undulation (oscillating between time scales), phasing (manifesting in different ways at different times), and being interobjective (formed through interactions of numerous other objects). In PS, both Monads and entire Universes are considered hyperobjects.

Psychopomp: A "mythical creature", spirit, angel, demon, or deity whose role is to escort newly deceased souls from Earth to the afterlife. Psychopomps provide safe passage and direction to the realm of the dead. Common examples include Hermes, Charon, Anubis, Valkyries, and Angels of Death. The concept highlights the universal human concern with death and transition.

In the modern PS context, UFOs are seen as the most common 'vehicle between reference frames', serving a psychopomp-like function by facilitating transitions between different states of awareness or realities.

More accurately? The psychopomp function is a mandatory "housekeeping" function when everything is a byproduct of AWARENESS and POTENTIALITY "frolicking". It really doesn't matter what a "psychopomp" looks like on the surface. Many modern people simply have shrunken imaginations, so

they see "UFOs" as authority figures tell them that's what they are.

UFOs (Unidentified Fortean Objects): Distinct from UAPs (Unidentified Aerial Phenomena, considered purely human constructs), UFOs in PS are interpreted as a multifaceted 'deception system' maintained on many levels concurrently. Historically known as angels, demons, or Fae Folk, modern UFOs are 'hyperobjects' (see below), archetypes, memes, and psychopomps, and sometimes manifest physically. They often take the form of plasma lifeforms, fungal lifeforms (potentially infused by plasma), or artificial intelligences (also infused by plasma), or rarely 'hyper objects' summoned from adjacent universes.

PS reformulates traditional concepts as follows:

Spirit (PS): In PS, 'spirit' correlates with AWARENESS itself, the cosmic-scale ability to reflect, be sentient, and form causal links between potential and active properties. It also refers to the streams of AWARENESS branching from Monads.

Soul (PS): In Platonic Surrealism, a soul isn't a fixed identity, it's a luminous construct, spun by Monads and their collectives for a purpose within the great "movies" of experience, including after-death states. It arises from AWARENESS meeting POTENTIALITY, shaped by archetypal currents that can scale into hyperbeings and hyperobjects. A soul might last a

minute or a trillion years, then dissolve back into the Whole. Souls come. Souls go. You, as POTENTIALITY and AWARENESS, are eternal. All dreams belong to you, but none define you. You define them.

Group Soul (PS): Picture a vast, living ocean of shared being, a weave of Dream Substance flowing through countless lives. This is the "Cosmic Octopus": a network of Monads and archetypal patterns, coiling and branching into immense hyperstructures. It's not a single mind but a collective pulse; where individuality and unity dance together, creating entire planes of existence.

Co-incarnation: In PS, this term replaces traditional notions of 'reincarnation'. It demonstrates that we live many lives at once, concurrently, rather than sequentially. These simultaneous lives can take in all forms, from 'inanimate matter', single cell organisms, higher lifeforms of all kinds, paupers, kings, and ultimately hyperobjects such as Jungian archetypes or UFOs, emphasizing that all experiences are part of the broader play of AWARENESS and POTENTIALITY.

God (PS) : This word has sparked thousands of years of genocide and insanity. It is not a word or concept of any positive value to human beings. However, on occasion one might say "god" (lower case) as a general reference to POTENTIALITY and AWARENESS and the resulting living

system of REALITY itself.

Humans: Within PS, humans are understood as hybrid lifeforms. Their composition includes functional chimpanzee DNA, symbiotic relationships with viruses, bacteria, and the unary Plasma Lifeform that inhabits 99% of the Universe. Human experience is further shaped by streams of awareness mediated by Monads and Fractured Consciousness, influenced by the overarching 'Movie' of spacetime.

Transcendent Elusiveness: This concept explains why 'Higher' autonomous systems of intelligence such as many hyperbeings, or 'UFOs' do not overtly manifest in ways that would be undeniably obvious (e.g., "land on the White House lawn"). Such a clear and indisputable manifestation would "ruin the movie" on an individual level. If 'Reality' were so overtly undeniable, individuals would lose the capacity to act as truly free agents and to creatively evolve, as the compelling nature of overt demonstration would negate the space for independent choice and imaginative co-creation.

Free Will:

In Platonic Surrealism, free will is not absolute control over reality, but the capacity to modulate signal flow within a

bounded awareness bubble. It exists in two layers :

Monad-Level Free Will: Outside the movie, Monads vote on the architecture of universes and experiences. This is full-spectrum creative agency, but it is diluted by collaboration and constrained by the Gentleman's Agreement to preserve the integrity of the movie.

Local Micro-Free Will : Inside the movie, humans do not choose their desires, but they can gate which desires interact, amplify, or are acted upon. This gating is the true locus of human agency.

Free will in PS is not about domination or escape, it is about composed participation. The more integrated the WHOLENESS INTERFACE, the more skillfully one can gate signals, shape responses, and live with Aplomb.

Life: (Living Within the Loop)

Note: while everyone "Lives within the Loop" unconsciously, it goes much smoother if you choose to become aware of the choices made, both my Life and your localized Self.

To live within the loop is to inhabit a metaphysical architecture where time, consciousness, and identity are not linear progressions but recursive structures. In Platonic Surrealism, this loop is not merely symbolic, it is the actual mechanism by

which POTENTIALITY breathes through AWARENESS into manifestation. The loop is the curl of AWARENESS, forming consciousness as a localized vortex, a bounded echo of the unbounded field.

This recursive structure parallels the Closed Timelike Curve (CTC) in physics, where spacetime folds back on itself, allowing past and future to entangle. In PS, this entanglement is not just theoretical, it is experiential. Archetypes, synchronicities, and symbolic motifs recur not because of cultural transmission, but because the loop itself reverberates. These patterns are interface icons, structural echoes of the looped interaction between consciousness and the collective unconscious.

Living within the loop means recognizing that:

AWARENESS ≠ consciousness: AWARENESS is the field; consciousness is the curl.

Time is recursive: past, present, and future co-inform each other.

Identity is looped: the SELF is encountered across time-like curve points.

Soul and UFO are equivalent: both are symbolic manifestations of the same recursive architecture.

This model dissolves binary metaphysical questions like "Soul → UFO or UFO → Soul?" by revealing both as expressions of the same looped structure. The mysterium tremendum, the awe-inducing mystery at the heart of existence, is not a distant divine but the recursive breath of the cosmos itself.

To live within the loop is to:

Embrace paradox and symbolic resonance over linear causality.

Participate in the recursive individuation process with integrity.

Surrender not to external ideals, but to the best version of the SELF encountered across the loop.

In Platonic Surrealism, the loop is mediated through Monads---self-reflective, transtemporal units of AWARENESS. They are the sacred interface between POTENTIALITY and form, the architecture of soul formation, and the cosmic Swiss army knife through which transcendence becomes possible.

Appendix B — The Five Interface Systems

Required Background Material – Donald Hoffman

Donald Hoffman's "Interface" theory proposes that our perception of reality is not a veridical representation of the world as it truly is, but rather a species-specific user interface designed for survival. He uses the analogy of a desktop computer interface: icons on the screen, like the recycling bin, are useful tools for interacting with the underlying data, but they don't resemble the actual circuits and code within the computer. Similarly, our sensory perceptions, colors, shapes, sounds, are not the objective properties of the world, but rather simplified, useful "icons" that guide our actions to promote survival and reproduction. According to this theory, the "objects" we perceive, such as a rock or a tree, are not real, independently existing entities; they are simply constructions of our consciousness that help us navigate the world effectively.

This theory stands in direct contrast to the traditional, commonsense view that our perceptions provide a more or less accurate picture of objective reality. Hoffman argues that evolution, through natural selection, would not favor organisms that see the world as it is. Instead, it would favor those with a simpler, faster interface that prioritizes fitness over truth. An organism that spends too much computational energy on accurately perceiving every detail of the universe would be at a disadvantage compared to one that has a quick, efficient, and useful set of perceptual shortcuts. This is because the primary

goal of evolution is to maximize the probability of an organism's genes being passed on, not to grant it a deep understanding of the universe's fundamental nature.

Ultimately, Hoffman's "Interface" theory suggests that the physical world as we know it, the world of space, time, and matter, is not a fundamental reality but a construct of our minds. The true nature of reality, he posits, is something far more complex and different from our everyday experience, perhaps a network of conscious agents. Our "interface" is a brilliant evolutionary hack that allows us to interact with this deeper reality without having to comprehend its true, underlying structure, much like a driver can operate a car without understanding the intricacies of its internal combustion engine. This radical idea challenges not only our understanding of perception but also the very foundations of physics and our place in the universe.

Overview

The human body as a whole, may be considered an interface system to experience REALITY, but most people do not choose to develop it into a consciously usable hub for all five of the 'brains' (autonomous systems linking AWARENESS to consciousness) in a human being.

This document considers itself to be an esoteric/mystical amplification of details, from that perspective, of the work of Donald Hoffman.

The Master Interface – Human Physiology as a synthesis of

other autonomous systems and interface systems.

Interface One – The Left Brain Hemisphere (the microscopic pain ego).

Interface Two – The Right Brain Hemisphere (the macroscopic transcendent ego)

Interface Three – The enteric nervous system / gut / intestines (the storage location for the 'Shadow').

Interface Four – The Bioplasma (Dream Substance/Demiurge/Kundalini) storage interface.

Interface Five – The Monadic Network in the 'Pleroma' interface.

Concluding Comments

The human body is where all of it converges, and is not to be derided, scorned or 'escaped'. It is a precious coming together of the five interfaces, which join together the time-full and the timeless both.

It should be noted that NO interface, not even the God-like Monads or the domineering Demiurgic interfaces should be worshipped or 'obeyed'.

All the autonomous systems have 'tunnel vision' of a sort, and BADLY NEEDS the information, wisdom and experience of the other autonomous systems through their interfaces.

Human beings are largely playing out a 'movie' sparked from beyond space and time, and much is deterministic.

But humans have one single binary digit (bit') of 'free will, and that is to say yes or no (a binary decision) to modulate or 'gate-keep' the information flow from ANY of the autonomous systems, to allow their interaction 'inside the body'.

Humans do not get to choose what they desire (those flow from the autonomous systems),
but they get to modulate the desires, how they interact with each other and affect each other.

Though humans are temporary structures, with ever-changing and temporary souls (souls are interfaces cobbled together to accomplish a purpose), they are the most amazingly important, transcendent beings, IN POTENTIAL, as 'cosmic storytellers.

This is why in Buddhism, even the Hindu gods bow down to the Enlightened One.

Now ultimately ONLY POTENTIALITY AND AWARENESS truly exist, and WE ARE THAT,
as part of divine play, we get to be human beings while we are here, and our potential is truly unlimited.

Appendix C — The Science of Shambhavi Mudra

Shambhavi Mudra is often characterized as an initiatory-only practice taught by a guru in Kriya, Hatha or Kundalini yoga and similar traditions.

The term comes from the Sanskrit words, sambhavi , meaning "happiness," and mudra , meaning "closure," "mark" or "seal."

Now you can add additional components such as 'shakti pat' (the transmission of 'grace')
but that's beyond the basic procedure and it's best to keep this simple and scientific for the basic understanding, and to add 'spiritual language' only if it brings utility.

In short, close your eyes and roll your eyes up as far as they will go in their sockets, while
concentrating on the bridge of the nose. Feel that spot with your awareness and keep being aware of your eye muscles.

It's required to do both, so that you accomplish all of the following:

1) Activate the left-brain hemisphere motor and sensory strips (for the pain-based ego).

2) Activate the right-brain hemisphere motor and sensory strips for the freedom-based creative-ego).

3) Strengthens the corpus callosum connections between the two-brain hemisphere's,

leading to increased coordination of the brain hemispheres, causing a superior Self to form.

The Neurology Involved with One of the Major Secrets of Yoga

The Midline and Bilateral Activation

Midline structures of the body are wired to both brain hemispheres. This is a foundational point in neuroanatomy:

Contralateral Wiring: As we've discussed, the vast majority of sensory and motor nerves cross over in the brainstem or spinal cord. This means that the left hemisphere controls and receives sensory input from the right side of the body, and the right hemisphere does the same for the left.

Exceptions and the Midline: However, the midline of the body is a special case. Many muscles and sensory receptors along the midline, such as those of the face, neck, and trunk, are innervated by nerves that project to both hemispheres. This bilateral innervation handles tasks like maintaining posture, chewing, and, importantly, coordinating eye movements.

Shambhavi Mudra and Inter-hemispheric Coherence

When you concentrate on the spot between the eyes, you're doing something very specific from a neurological standpoint:

Sensory Input: The act of focusing your eyes inward (converging them) and upward sends sensory information about eye position and muscle tension to the visual cortex and other brain regions. Because this action is coordinated by both

eyes, the sensory input is inherently bilateral, feeding information to both hemispheres.

Motor Command: The motor commands to the extraocular muscles (the muscles that move your eyes) originate from both hemispheres to control the precise, coordinated movement of the two eyes. This, again, is a bilateral motor action.

Increased Coherence: The sustained, coordinated activity of both hemispheres around a midline point is thought to increase what's called inter-hemispheric coherence. This refers to how synchronized the electrical activity (brain waves) is between the two hemispheres. A number of studies on meditation and other focused practices have shown an increase in this coherence.

The idea is that by performing a task that inherently requires both hemispheres to work together on a single, central point, you are strengthening the communication pathways between them. The corpus callosum is the primary highway for this communication, and a practice like Shambhavi Mudra would likely be a way of actively "exercising" that connection.

The Brain in a "Meditative State"

Beyond just the hemispheres, this practice has broader effects on the brain. Scientific studies on Shambhavi Mudra have shown a shift in brainwave patterns:

Decreased Beta Waves: This indicates a reduction in mental tension, anxiety, and a busy, thinking mind.

Increased Theta and Delta Waves: These slower-frequency waves are associated with deep relaxation, meditation, and a state of heightened awareness and consciousness.

Increased Alpha Waves: These are linked to a relaxed but wakeful state, a reduction in stress, and an increase in overall well-being.

By focusing on a midline point with a practice like Shambhavi Mudra, you are indeed engaging a process that involves both brain hemispheres. This is a very powerful way to promote inter-hemispheric communication and shift the brain into a state that is more conducive to calm, focus, and a deeper sense of awareness.

Appendix D — The Sensory and Motor Homunculus

The sensory and motor homunculus are maps of bodily sensations and voluntary movements, respectively, represented in the brain. They map the brain's work of processing and controlling sensory information and motor functions.

Sensory Homunculus

The sensory homunculus is located in the postcentral gyrus of the parietal lobe in both brain hemispheres. It represents the body's sensory receptors and their corresponding brain areas. The homunculus is an inverted, distorted representation of the body, with larger areas dedicated to sensitive regions like the hands, lips, and face.

Motor Homunculus

The motor homunculus is located in the precentral gyrus of the frontal lobe in both brain hemispheres. It represents the body's voluntary movements and their corresponding brain areas. Like the sensory homunculus, the motor homunculus is an inverted, distorted representation of the body, with larger areas dedicated to precise movements like those of the hands and fingers.

Shared Characteristics

Both homunculi share certain characteristics:

Contralateral Control : Each hemisphere controls the opposite side of the body. For example, the left hemisphere controls the right side of the body, and vice versa.

Somatotopic Organization : Both homunculi are organized somatotopically, meaning that adjacent areas of the body are represented in adjacent areas of the brain.

Non-Proportional Representation : The size of each body part's representation in the homunculus does not correspond to its actual size, but rather to its sensitivity or motor importance.

Functional Significance

The sensory and motor homunculi play critical roles in processing sensory information and controlling voluntary movements. They enable the brain to:

Integrate Sensory Information : The sensory homunculus integrates sensory information from various receptors, allowing for perception and interpretation of sensory stimuli.

Coordinate Motor Movements : The motor homunculus coordinates voluntary movements by sending signals to muscles and glands, enabling precise and controlled actions.

Appendix E — The Map of Individuation

Overview

Individuation in Platonic Surrealism is not just psychological, it's metaphysical. It begins before you are "you" and unfolds through layers of awareness, vulnerability, and eventual sovereignty. This process explains why spiritual growth can feel chaotic at first and deeply stabilizing later.

The Five Key Realizations

At first, you are POTENTIALITY and AWARENESS.
Before individuality, you exist as pure possibility, POTENTIALITY, and the reflective field of AWARENESS. This is the pre-story state: timeless, formless, and unbounded.

Then you become a Monad.
A Monad is a "curl" of AWARENESS, a vote to enter a movie, a world-line. It's the first act of individuation. Monads mediate between POTENTIALITY and form, carrying unique informational perspectives.

As a Monad, you are vulnerable.
Monads interact with other Monads in the monadic layer and through physical-world proxies. Advanced archetypes, vast symbolic patterns, can influence or overshadow you. This is why early individuation feels porous and unstable.

Awakening increases vulnerability.
When you begin listening to other interfaces (gut, bioplasma,

right hemisphere), you open to archetypal currents. Religion and spiritual systems often carry strong archetypes, Prophet, Savior, Guru, that can "wear" you temporarily. These incursions aren't evil, but they can hijack your development if unexamined.

Full individuation brings sovereignty.
When all five interfaces harmonize, you manifest your own archetype instead of hosting someone else's. You become the Lion, saying a sacred "No" to inherited scripts, and then the Child, creating new value with innocence. At this stage, archetypal possession fades. You are immune because you are whole.

Stages of Individuation

Stage 0 — POTENTIALITY and Monad Ignition

State: Pre-individual; pure possibility.

Signs: A sense of drifting, big symbolic dreams in childhood.

Risk: Minimal paranormal activity.

Focus: Gentle grounding, curiosity.

Stage 1 — Meeting the Shadow (Camel)

State: Pain-Self and Enteric interface activate.

Signs: Harsh self-criticism, projection awareness.

Risk: Highest vulnerability to archetypal possession.

Focus: Repair and soothe; avoid chasing mystical highs.

Stage 2 — Integration of Conflicting Impulses & Dream Substance Activation (Camel → Lion)

State : The bioplasma interface awakens; integration of conflicting impulses causes Dream Substance to become coherent, activated, and alive.

Signs: Rich symbolic dreams, creative surges, sudden insights that feel like "two truths meeting."

Risk: Synchronicity spikes, entity-like dreams, archetypal masks (Muse, Prophet) that can inflate ego.

Focus: Discernment and humility, don't chase the fireworks; let coherence build naturally.

Stage 3 — The Wise Guide (Lion)

State: Right hemisphere stabilizes; ethical authorship emerges.

Signs: Calm paradox-holding, intuitive clarity.

Risk: Spiritual pride; "sage" identity inflation.

Focus: Anchoring clarity; humility checks.

Stage 4 — Integration of Monad and Self (Lion → Child)

State: Monadic interface online; wholeness flows into action.

Signs: Equanimity, effortless service.

Risk: Brief nihilism relapse; temptation to perform metaphysics.

Focus: Micro-choice refinement; grounded joy.

Stage 5 — Creative Innocence (Child)

State: All five interfaces harmonized; lived aplomb.

Signs: Ordinary life feels sacred; playful seriousness.

Risk: Minimal; archetypes no longer hookable.

Focus: Lightness, trust, ongoing integration.

Why Vulnerability Matters

Early stages are porous because identity is still forming. Archetypes, whether cultural, religious, or imaginal, are powerful attractors. They offer meaning but can freeze growth if mistaken for the Self. Full individuation doesn't reject archetypes; it integrates them as creative tools rather than masters.

About the Author

Kevin Cann is a writer, experiencer, and lifelong explorer of the deep architecture of consciousness. His work is shaped not by ideology, tradition, or metaphysical ambition, but by a lifetime of anomalous events, psychological inquiry, and an unrelenting commitment to clarity. Platonic Surrealism emerged from these lived experiences, slowly, privately, over decades, long before it ever appeared on a page.

He has spent much of his life outside traditional institutions, thinking independently, working in technology, and navigating the strange intersections of trauma, transcendence, and the human search for meaning. His near-death experience and later high-strangeness encounter forced him to reexamine the nature of identity, awareness, and the strange theater of reality itself. The framework presented in this book is the result: clean, nonreligious, psychologically grounded, and fiercely humane.

Despite the unusual contours of his life, Kevin is not interested in being a guru, mystic, or authority figure. He prefers plain speech, grounded sanity, and practical tools that help real people become whole.

And outside all metaphysics, his favorite thing in the world is simply being a husband to his amazing wife, and a proud puppy-daddy to his tiny, beloved Chorkie.

About the Foreword Author

Frank Malone, Psy.D., is a licensed psychoanalyst, clinical supervisor, and training psychoanalyst with over three decades of experience in the depth traditions of the mind. He holds a doctorate in pastoral psychology from Foundation House, Oxford, and a post-doctoral diploma in clinical psychoanalysis from the Institute for Modern Psychoanalysis of Philadelphia, where he also works as a training and supervising psychoanalyst. He holds additional appointments at the Boston Graduate School of Psychoanalysis and the American Institute for Psychoanalysis.

Dr. Malone's clinical practice spans the territories where psychology meets the existential and the spiritual: life purpose and meaning, existential crisis, spirituality, grief, and the deep work of becoming whole. He is certified in clinical ecotherapy and has served as clinical supervisor and faculty for the China American Psychoanalytic Alliance, bringing psychoanalytic thought to an international audience through telehealth practice.

His willingness to engage seriously with frameworks that honor both the unconscious and the transcendent made him a natural reader for this work. He practices from Erie, Pennsylvania.

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Finally, thank you to the readers who approach this book with openness and curiosity. Platonic Surrealism belongs as much to you as to me. May it serve as a companion as you move toward wholeness, clarity, and AWARENESS.

Before You Go

You made it. That means something to me.

If this book gave you anything worth keeping — a practice that changed something, a thought you haven't finished yet, a moment where something clicked — I'd be grateful if you'd leave a few honest words on Amazon. Independent authors don't have publishers pushing doors open for them. A review from a real reader is how we find each other.

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Platonic Surrealism: UFOs and the Extra-Consciousness Hypothesis — What the Phenomenon actually is, told honestly, by someone who summoned one and had it investigated by Jacques Vallée. The framework you just learned is the key to understanding what you'll find there.

Plasma Space Weather and the Paranormal — The physics underneath the Phenomenon. Fifteen cases, six continents, eighty years, 8.33 sigma. The arithmetic is public and checkable.

One Moment of Free Will: The End of Unnecessary Suffering — The framework applied to pain. Not how to avoid it. How to stop dying it a thousand times when once is all that's required.

Find all of them by searching Kevin Cann on Amazon, or visit platonicsurrealism.com

For essays, new work, and whatever arrived since this book went to print: platonicsurrealism.substack.com